



CONTINUING EDUCATION

Program

Fall 2025

The mission of our continuing education program is to build community and provide wellness opportunities and activities to promote lifelong learning.

Payment policy: Some courses carry a small fee, which you must remit directly to the instructor. The New Paltz Central School District will not be involved with the paying or refunding of fees. All monetary transactions should be made directly with the instructor. The District has no responsibility for any money spent on these programs.

Participation Waivers: All participants will need to sign a waiver absolving the New Paltz Central School District from any liability associated with their participation in this program.

How to Register: Please click on the blue links at the end of each course description to register as needed for courses.

All questions about the New Paltz Central School District Continuing Education Program should be directed to continuinged@newpaltz.k12.ny.us or to the instructor of the individual offering.

Topic choices, information, and costs of sessions are provided by the individual session leaders and do not necessarily reflect the beliefs and opinions of the New Paltz Central School District.

Classes will not be held when school is not in session, either because of scheduled holidays or because of inclement weather.

Fitness Offerings

Friday Basketball for MS and HS Students

Recreational basketball for middle and high school students from 7-9 pm on one Friday night each month. Come shoot some hoops with us!

This class is fully operated by the New Paltz Youth Program.

Date: **Fridays** - 9/19, 10/17, 11/14, 12/5

Time: 6 pm - 8 pm

Costs: No Cost

Ages: Grade 6+

Location: Middle School Gymnasium

Organizer: Jim Tinger

[No pre-registration is required for this course.](#)

Gentle Yoga

Gentle Yoga is a beginner-friendly class. All experience levels are welcome. The class is accessible while maintaining just enough of a challenge. You'll feel great at the end of class! Bring your own mat. Yoga blocks and a towel or blanket are helpful, but optional.

Debra Kelley has enjoyed the benefits of a yoga practice for over twenty years, and enjoys sharing what she learned in Yoga Teacher Training.

Date: **Thursdays** - 9/18 - 12/4

Time: 6 pm - 7 pm

Cost: No Cost

Ages: 18+

Location: Middle School Auditorium

Organizer: Debra Kelley

[Registration is not required, but appreciated.](#)

To receive updates and cancellation notices from the instructor, please register.

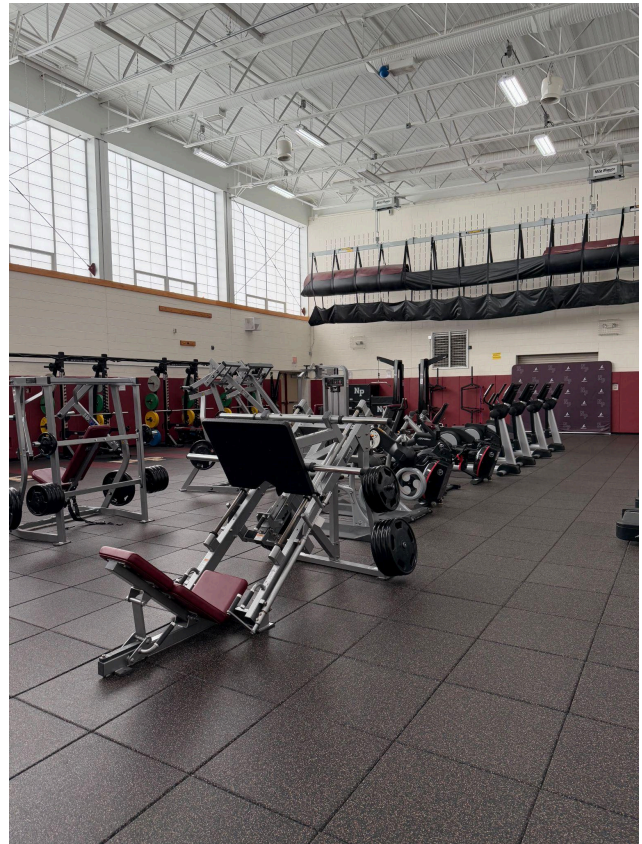
Open Strength Training

Start your week off right by dropping into the Wellness Center to work out with us! Maybe you're new to weights and need someone to show you what to do. Maybe you've got a good routine going but are a little bored. Come workout at our Wellness Center and keep the momentum going!

All participants are required to abide by the Wellness Center rules and procedures, which are clearly posted throughout the room. We kindly ask that you wear clean sneakers only in the Wellness Center- no sandals, Crocs, slides, slippers or work boots. There are bathrooms across from the center, but there are no locker rooms available, so plan accordingly.

Emily Reardon is a fitness enthusiast interested in bringing the community to the Wellness Center. She is there to provide insight and guidance to the Wellness Center.

Participants are expected to supervise themselves and display respectful gym behavior.



Please enter the building through the voting entrance, closest to the sporting fields (North side of building- veer to left as you enter the High School's main entrance.)

Date: **Thursdays** - 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4 ***Note - there will be no classes 10/9**

Time: 6:00 pm - 7:30 pm

Cost: \$5 per session for adults, students participate at no cost.

Ages: 13+

Location: High School Wellness Center

Organizer: Emily Reardon & Sean Maher

[No pre-registration is required, but you will be asked to sign a waiver when you sign in.](#)

Settlers of Catan and Ticket to Ride

Come out and learn and/or play two of the best modern board games. No experience is required. Games will be provided and we will teach you all you need to know. These games are easy to learn, easy to play, and not so easy to win. If you are a veteran player of either of these two games, come out and try your skills against other veteran enthusiasts.

Date: **Thursday** - October 9, 16, 23

Time: 6:00 pm - 8:00 pm

Cost: Free

Ages: 5th grade all the way up to adults

Location: District Office Conference Room in the District Office (Lenape Elementary School)

Organizer: Steve Gratto

[Pre-registration is appreciated so we can make sure we have enough games available](#)

Fighting Spirit Karate - Duzine

Fighting Spirit Karate

Fighting Spirit Karate will be offering after-school karate classes once a week at Duzine School.

Karate is a great activity for students ages 5–9. Classes will be structured to help students build confidence, respect, and self-control, while also learning basic striking techniques.

Fighting Spirit Karate is a locally owned karate school based in Gardiner, NY. With 15 years of experience, FSK specializes in teaching children and is dedicated to helping young students grow through discipline, movement, and fun.

Fighting Spirit believes that martial arts are a powerful tool for helping children develop both physically and emotionally. Karate not only teaches self-defense but also promotes discipline, focus, and healthy habits. Over the years, we have seen firsthand how karate can positively impact a child's growth, and we're excited to bring these benefits to the students at Duzine School.

Date: **Mondays** - 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1

Time: 3:30 pm - 4:15 pm

Costs: \$150 for the 10 scheduled classes

Ages: 5+

Location: Duzine Elementary School Gym

Organizer: Ryan Kraus/ Fighting Spirit Karate

[Pre-Registration Required](#)

Core and Pelvic Floor Workshop

This group exercise workshop is a series of six classes that focus on building strength and flexibility of the core and pelvic floor. It's perfect for anyone 6 weeks+ postpartum to many years postpartum. No experience required.

Christina is an experienced group fitness instructor of 20+ years and holds numerous certifications from group fitness, cycling, stretching, and more. This course is a result of a deep dive study into postpartum fitness, core strength, and improving pelvic floor function. Please bring a yoga mat and towel. All other materials will be provided.

Christina is an experienced group fitness instructor of 20+ years and holds numerous certifications from group fitness, cycling, stretching, and more. This course is a result of a deep dive study into postpartum fitness, core strength, and improving pelvic floor function. Please bring a yoga mat and towel. All other materials will be provided.

Date: **Wednesdays** - 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

Time: 4:30 pm - 5:30 pm

Cost: \$75 (entire six weeks)

Ages: 18+

Location: Middle School Auditorium

Organizer: Tina Pominville

[Pre-Registration required](#)

Learning New Things

What is it Like to Be a School Board Member?

Have you ever wondered exactly what the Board of Education does or thought about running for the BOE? Please join some of our NPCSD board members for a fun, informal Board of Education info session. Topics will include district governance, the chain of command, the duties of a board member and the BOE's role in decision-making. A representative from the New York State School Board Association (NYSSBA) will be in attendance to add a wider perspective and help answer any questions you may have about the board of education and what it is like to be a board member.

Please note: this is not a meeting of the board. We will not be discussing specific topics related to the district, nor will we vote on or discuss present, past or future board business. If you wish to discuss specific issues or agenda items, please attend a future board meeting, or email the superintendent and board at boe@newpaltz.k12.ny.us

Date: **Tuesday**, October 28

Time: 5:30 pm - 6:30 pm

Cost: None

Ages: 18+

Location: TBD

Organizers: Heather Kort & Elizabeth Bonhag

[Pre-registration is not required for this course.](#)

Introduction to SCUBA

Come learn the basics of scuba diving! You will be made familiar with the equipment and techniques used in the scuba certification process, hands on use of breathing apparatus, and dispelling some myths about our big blue planet.

See what underwater photography is all about. What different underwater environments are available to the certified diver, and potentially sign up for a certification class.

Let's all learn about our vast underwater world!

Class would be a one-time introduction potentially leading to other SCUBA learning opportunities.

Kathleen Frizzell has been a scuba diver for 30 years, an assistant instructor for over 10 years and recently got her full instructor certification. She has over 100 students certified to date and loves the underwater world. She is so excited to see people discover the joy of diving!

Dates: **Wednesdays** - 9/17, 10/15, 11/19

Time: 6 pm - 7 pm

Ages: All Ages

Cost: No Cost

Location: High School Room - 117 (This class will not be held in a pool.)

Organizer: Kathleen Frizzell

[Pre-registration is appreciated but not required](#)

To receive updates and cancellation notices from the instructor, please register.

Women's Writing Circle

Looking for a moment to slow down, reflect, and connect? Join us for a unique writing workshop that uses self-expression as a path into self-care. We'll begin by writing together using a different creative writing prompt each meeting. Then we'll share what we've written and lift up our common and diverse experiences as women. This workshop is for anyone who identifies as a woman, and writers at all levels are welcome -- whether you're a seasoned poet or just curious. Come write, connect, and leave feeling a little lighter. Bring a notebook and pen!

Gina R. Evers holds a Master of Fine Arts in Creative Writing. Her poems have been published in PANK, About Place Journal, Quarterly West, and the Comstock Review, among other journals and anthologies. Her writing has been supported by the VCFA Postgraduate Writers' Conference, the Martha's Vineyard Institute for Creative Writing, and the Lambda Literary Foundation. Gina is the mother of three students in the New Paltz Central School District. She oversees the Tutoring & Writing Center at Mount Saint Mary College, where she also teaches occasional writing and English courses. She has facilitated similar writing workshops at Gallery 40 in Poughkeepsie, at the East Fishkill Community Library, and through the Desmond Center for Community Health and Wellness in Newburgh.

Dates: **Thursdays** - 9/18, 10/16, 11/13

Time: 6 pm - 8 pm

Cost: \$20

Ages: 17+

Location: High School Room 121

Organizer: Gina Evers

[Pre-Registration is not required but appreciated](#)

To receive updates and cancellation notices from the instructor, please register.

Jigsaw Puzzle Challenge 3

Come join us for a spooky evening of simultaneous relaxation and competitive excitement!

Register your family or team of up to 4 to compete in New Paltz's third jigsaw puzzle challenge! Puzzles will be distributed wrapped, with images hidden until the timer starts. The first team to finish wins a prize, and even if you don't win, we guarantee a good time with family and friends.

Potluck-style: feel free to bring your favorite fall-themed dishes and treats to share!

Payment can be sent via Venmo to
@heatheraven



The Korts are avid jigsaw puzzlers and members of the USA Jigsaw Puzzle Association. They believe jigsaw puzzling is an excellent way to spend time with friends and family, reduce stress, and sharpen your teamwork skills.

Date: **Friday**, October 17th

Time: 6:15 pm - 8:15 pm

Cost: \$10 per team (covers cost of puzzles & prizes)

Ages: All

Location: Lenape Cafeteria

Organizer: Heather & Eric Kort

[Pre-Registration Required](#)

Sketchbook Club: Zendoodling

Zendoodling is the very cool art of drawing designs using structured patterns. In this class, 4th and 5th graders will learn pen and ink skills for drawing. White-out and gel markers, alcohol markers, watercolor, and a variety of other industry-standard illustration tools will be explored. No experience is necessary, and all materials will be provided. Parents will need to pick up their children at the school's main entrance at 5:30 pm with their child's ID card.

*Students should pack a healthy snack.

Donations from anyone can be sent via Venmo to @heatheraven

Heather has a Master's in Art Education and is a NY-certified K-12 Arts Educator. She studied fashion design at FIT and taught elementary and high school art for 8 years.

Date: **Fridays** - 9/12 & 9/19

Time: 3:15 pm - 5:30 pm

Cost: No cost, but optional donations to cover supplies are greatly appreciated!

Ages: 4th and 5th Graders

Location: Lenape Elementary Art Room

Organizer: Heather Kort

[Pre-Registration Required](#)

Lenape STEAM Club

Calling all young innovators and explorers! Our afterschool STEM/STEAM Club is here to spark creativity and curiosity in elementary students. Guided by passionate pre-service education

teachers, this club offers hands-on Science, Technology, Engineering, Arts, and Mathematics activities that will inspire and challenge young minds.

From building creative projects to solving fun, real-world challenges, your child will have the opportunity to experiment, design, and collaborate—all while having a blast!

****Parents please send your child to school with a healthy snack for this class. Students can be picked up in the front lobby. Please bring your student's ID for pickup.****

Dates: **Mondays** - 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10 & **Wednesdays** - 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12

Time: 3:30 pm - 5:15 pm

Cost: Free

Ages: Grades 3-5

Location: PLTW Room @ Lenape

Organizer: SUNY New Paltz's Master of Science in Teaching Program

[Pre Registration Required \(Monday Sessions\)](#)

[Pre Registration Required \(Wednesday Sessions\)](#)

Wild Twig Star Wreath

Create a unique star shaped wreath to celebrate the winter festivities! We'll use foraged and locally grown evergreens, pine cones and seed pods to decorate them and all materials are earth friendly and can be composted in the spring! (Living materials may be rough on hands so please bring gloves if you wish.)

As an enthusiastic gardener and florist Jessica loves re-connecting people with nature and their creativity.

Join Jessica in this creative space and explore amazing ways to celebrate the fall and winter celebrations with natural creations.



Date: **Wednesday** - November 5th

Time: 6:30 pm - 7:30 pm

Cost: \$25 for material fee

Ages: Ages 14+

Location: Middle School Cafeteria

Organizer: Jessica Williams

[Pre Registration required](#)

Acrylic Painting

Unleash your creativity in this fun and supportive acrylic painting class designed for beginners and experienced artists alike. Through step-by-step guidance in color mixing, brushwork, layering, and composition, students will build technical skills while creating original works of art. Whether you're brand new to painting or looking to refine your technique, this class offers a welcoming space to grow artistically and express yourself through vibrant, versatile acrylics. We will create a different piece every week, exploring topics such as landscape, still life, and nature-inspired scenes, while learning new techniques along the way.

Ann is a certified art educator and practicing artist with over 10 years of experience teaching painting and drawing to students of all ages, from young children to adults. She holds degrees in Fine Arts and Art Education, and has taught in both school settings and community-based programs. She works in all mediums such as oil, acrylic, gouache, and watercolor. She offers classes in painting because of her passion for helping others tap into their creativity through hands-on, approachable instruction.

Date: **Tuesdays** - 9/16, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2

Times: 6:30 pm - 7:30 pm

Cost: TBD by organizer, supply list will be provided by organizer

Ages: 16+

Location: High School Room 117

Organizer: Ann Trocchia

[Pre-Registration is not required but appreciated](#)

To receive updates and cancellation notices from the instructor, please register.

Teen Writing Circle

Want to connect with your peers while honing your creative writing skills? Join this unique workshop, where we'll write together using a new creative writing prompt each meeting. Then, we'll share what we've written and validate one another's common and diverse experience as teens in today's world. All 13-19 year-old writers are welcome -- whether you're a seasoned poet or just curious. Come write, connect, and leave feeling a little lighter. Bring a notebook and pen!

Gina R. Evers holds a Master of Fine Arts in Creative Writing. Her poems have been published in PANK, About Place Journal, Quarterly West, and the Comstock Review, among other journals and anthologies. Her writing has been supported by the VCFA Postgraduate Writers' Conference, the Martha's Vineyard Institute for Creative Writing, and the Lambda Literary Foundation. Gina is the mother of three students in the New Paltz Central School District. She oversees the Tutoring & Writing Center at Mount Saint Mary College, where she also teaches occasional writing and English courses. She has facilitated similar writing workshops at Gallery 40 in Poughkeepsie, at the East Fishkill Community Library, and through the Desmond Center for Community Health and Wellness in Newburgh.

Date: **Thursdays** - 10/2, 10/30, 12/4

Time: 6 pm - 8 pm

Cost: \$10 per session

Ages: 13-19

Location: High School Room 121

Organizer: Gina Evers

[Pre-Registration is not required but appreciated](#)

To receive updates and cancellation notices from the instructor, please register.

4-H After School Enrichment

This program fosters a unique combination of fun and "learning by doing" enrichment projects for grades 3-5 who would like to explore horticulture, agriculture, arts, fiber arts, and crafting, science and nature studies, and community service. Students will work with a 4-H Educator from Cornell Cooperative Extension to apply the 4-H Thrive model in which we focus on

developing the 4H's of the Head (critical thinking, problem-solving, inquiring), the Heart (cooperation, connections with others and nature, community service), the Hands (self-reliance, DIY skills) and Health (promoting healthy emotional and physical choices). You may find us growing our own food, learning to crochet, designing a system to deal with a local problem, sketching/painting our favorite plants or animals, or creating a Monarch Waystation. Students would be eligible to enter their projects in the Ulster County Fair.

Lisa is a certified elementary and high school science educator with degrees in visual arts and environmental science. Currently, I do informal education as a 4H educator with the Cornell Cooperative Extension Ulster County. Having had many years of teaching in public schools and being very familiar with New Paltz CSD, I am excited to offer this enrichment to the New Paltz school community. I am passionate about giving youth opportunities to explore their interest areas outside of the classroom and empowering them to be engaged and informed citizens.

Dates: **Tuesdays** 9/16, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2

Time: 3:30 pm - 5:30 pm

Cost: \$35 (sliding scale available)

Age: Grades 3-5

Location: Lenape Elementary School Art Room

Organizer: Lisa Morganstern-Perl

[Pre Registration required](#)

ROBOTICS4U

Come learn coding, robotics, and STEAM for after school programming for Lenape and Duzine Elementary students. This program seeks to inspire our elementary students in the field of STEAM. Come learn with expert teachers in these exciting fields! This program is being offered by the Lenape & Duzine Elementary PTA. If you would like more information regarding this program please feel free to contact the Lenape/Duzine PTA at tinyurl.com/DuzineLenapePTA.

Duzine Elementary:

Lego Tinker Club (Mondays) Dates: 10/6, 10/20, 10/27, 11/3, 11/10, 11/17

Robotics Club (Wednesdays) Dates: 10/8, 10/15, 10/22, 10/29, 11/5, 11/12

Lenape Elementary:

Coding Club (Tuesdays) Dates: 10/7, 10/14, 10/21, 10/28, 11/18, 11/25

Robotics Club (Wednesdays) Dates: 10/8, 10/15, 10/22, 10/29, 11/5, 11/12

Time: 3:30 pm - 4:30 pm

Cost: \$105 - \$165 depending on class (\$10 per student will be donated to the Duzine/Lenape PTA)

Ages: Duzine and Lenape Students

Location: Duzine Elementary School Library & Lenape Elementary School Library

Organizer: Kate Ryan & Duzine/Lenape PTA

[Duzine Lego Tinker Club Requires Pre Registration](#)

[Duzine Robotics Club Requires Pre Registration](#)

[Lenape Coding Club Requires Pre Registration](#)

[Lenape Robotics Club Requires Pre Registration](#)

****NOTE* registration can also be made through the Lenape/Duzine Elementary PTA - tinyurl.com/DuzineLenapePTA***

French Group Conversation

This class is for people who have some knowledge of French and would like to improve their conversation skills as well as learn more about French Culture.

Levels: Basic +, elementary, intermediate. Limited group.

Ingrid is a native French speaker and an experienced after school teacher who taught French to children in NYC for over 10 years before moving to New Paltz 3 years ago. She comes from an artistic background and has taught art in French to children and adults as well. Ingrid seeks to share the beauty of the French language with our community.

This class will have 2 Sections - 1. Beginners and 2. Intermediate.Advanced. Prices are for the 5 classes for 1 section.

Date: **Tuesdays - Section 1.** - 9/16, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2

Wednesdays - Section 2. - 9/17, 9/24, 10/1,10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3

Time: 6:00 pm - 7:00 pm

Cost: \$10 per class or \$85 for 1 full session.

Ages: All Ages

Location:Middle School Library

Organizer: Ingrid Mourreau - Kelleman

[Pre Registration required- Tuesdays Section 1](#)

[Pre Registration required - Wednesdays Section 2](#)

Wayfinder Experience Adventure Academy

Wayfinder brings 20+ years of LARP programming in the Hudson Valley to schools to put on a program that mixes character and world building, improvisational theater, active play, and storytelling to create an experience like no other! Students will get the chance to explore narrative in an experiential and fun fashion, while being up and moving.

Let the adventures begin and never end!

Judson Packard is Program Director of the Wayfinder Experience. He has run the organization for 6 years and has grown the camp, school, and weekend programming during that time.

Date: **Thursdays** - 9/18, 9/25, 10/2,10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4

Time: 6 pm - 8 pm

Cost: \$25 for materials

Ages: 8-18

Location: Middle School Cafeteria

Organizer: Judson Packard

[Pre-Registration is not required but appreciated](#)

To receive updates and cancellation notices from the instructor, please register.

Health and Awareness

Recipe For Rest

A creative blend for the body, mind, and soul!

Take a break from the hustle and tune into what restores you. In this 2-hour group experience, we'll combine creativity, gentle movement, and mindfulness to help you reconnect with yourself and release built-up stress.

Through art-making, embodied practices, and meaningful peer connection, you'll explore simple, practical tools to reduce anxiety, prevent burnout, and care for your mental and emotional well-being. Verbal processing will be included to support deeper reflection and connection. No prior dance or art experience is necessary, bring a journal, wear comfortable clothing, yoga mat is optional.

By the end of this workshop, participants will:

- Learn at least 3 practical self-care techniques that support nervous system regulation.
- Use art and creative expression to process emotions and reduce stress.
- Practice mindfulness and gentle movement to increase body awareness and calm the mind.
- Connect with others in a safe, supportive environment.
- Develop a personalized "Recipe for Rest" to take home.

Meredith Casimiro MS, LCAT, BC-DMT is a board-certified dance/movement therapist and licensed creative arts therapist with deep expertise in the mind-body connection through somatic practices. A lifelong mover, dancer, and yogi, Meredith holds a Master of Science in Dance/Movement

Therapy from Pratt Institute and a BA in Dance from CUNY Hunter College. She is also a graduate of The Ailey School and the New Orleans Center for the Creative Arts.

Meredith brings compassion, empathy, and joy into every movement space. Her facilitation is grounded in creativity, presence, and connection, creating a safe and welcoming environment for exploration and healing. She looks forward to moving, creating, and restoring alongside you.

**Come prepared in comfortable clothing and your yoga mat.*

Date: **Mondays** - 9/15, 9/22, 9/29, 10/6, 10/20, 10/27

Time: 6 pm - 8 pm

Cost: \$25 per person (*sliding scale available through program provider*)

Ages: 21+

Location: Middle School Auditorium

Organizer: Meredith Casimiro

[Pre-Registration Required](#)

Power of Plant Based Diet

Eating a Whole Food Plant Based diet is a powerful way to achieve good health! This approach focuses on eating fruits, vegetables, grains, and beans, and sets aside animal products and added oils.

The switch to a diet full of fiber, rich in vitamins and minerals, free of cholesterol and low in calories and saturated fats has numerous benefits such as:

- reduce risk of heart disease and stroke
- lower blood pressure and cholesterol levels
- maintain a healthy weight
- lower cancer risks

It is a lifestyle that protects the health of humans, animals and our earth. This class will give you the basic information to start or continue on the road to good health through a healthy plant based diet for you and your family.

Melissa Kurtz is a Whole Food Plant Based Nutrition Educator and Certified Plant Based Coach. She is a Regenerative Food Systems moderator for the Center for Nutritional Studies (CNS) Whole Communities. A leader with the Physicians Committee for Responsible Medicine (PCRM) Building

Better Communities - mid Hudson Valley region. Her main desire is keeping families healthy in today's world of fast and ultra processed foods.

Date: **Thursday** - 10/23

Time: 6 pm - 8 pm

Cost: No Cost

Ages: All Ages

Location: High School Room 117

Organizer: Melissa Kurtz

[Pre-Registration is not required but appreciated](#)

To receive updates and cancellation notices from the instructor, please register.

QPR Gatekeeper Training

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Mathew Swerdloff has served as an educator in New York State's public schools for over thirty years. He has held positions as a classroom teacher in grades 3 through 8, Director of Technology,

Director of Library Media Services, Executive Director of Educational Support Services, and is currently an Adjunct Professor in the Graduate School of Education at the State University of New York in New Paltz. Mathew earned his Master's Degree in Education and his New York School District Administrator Certification from the State University of New York at New Paltz, and his Doctorate from Western Connecticut State University, Danbury, CT. Mathew is the co-founder of the Maya Gold Foundation and passionate about the work of supporting teens in the Hudson Valley and in Nepal.

Date: **Wednesday December 3rd**

Time: 6 pm - 8 pm

Cost: \$20

Ages: 18+

Location: High School Library

Organizer: Mathew Swerdloff

[Pre-Registration required](#)

Thank you to the many community members who are providing their time and talents to offer courses.

Thanks to the New Paltz District Wellness Committee for providing the feedback and ideas necessary to start this program.

Thanks to the NPCSD Board of Education for supporting this program.

We Look Forward to Seeing You!