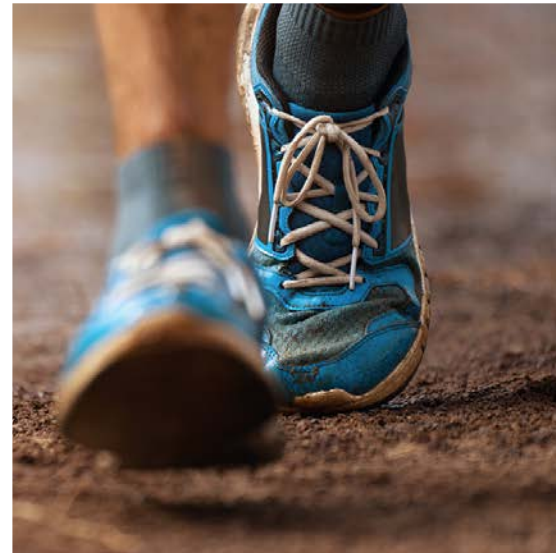




HEALTHY ALTERNATIVES GUIDE

Healthy Alternatives to Substance Use that will
Help Put You on the Right Track to Success



CREATED AND DISTRIBUTED BY

 Putnam
Wellness
Coalition
Working Together for a Drug Free Community



PUTNAM COUNTY OPPORTUNITIES

The contacts listed are resources in and around Putnam Co. WV or samples of opportunities available and are not meant to be all inclusive. Use this guide as a starting point and continue doing your own research for additional resources and programs.

If you would like your organization to be listed in this guide contact

amyputnamwellness@gmail.com.

AGRICULTURE/ANIMALS (SEE ALSO EQUESTRIAN)

- **Putnam County 4-H** - Visit them on Facebook, on the web at www.extension.wvu.edu/putnam, or call (304) 586-0217.
- **Putnam County Animal Shelter** - loves to have young volunteers to help clean and care for animals. [Follow them on Facebook](#) or call (304) 586-0249 for more information.

ARCHERY

- **North Putnam Archery Club** - Currently inactive due to Covid-19 Pandemic.
- **Putnam County Gun Club** - [visit them on Facebook](#), on the web at www.putnamcountyguncub.com, or call (304) 760-9753.
- **WV Archery Association** www.wvarchery.org.



goodvibes



ARTS AND CRAFTS

- **Arts & Thoughts** is a pottery and painting gallery and studio, which offers classes for children and adults. [Visit them on Facebook](#), at www.artsandthoughts.com, or call (304) 760-8714 for more information.
- **So Kai** offers classes in the arts for children (toddlers-early childhood aged), including Kindermusik classes, art and crafts, dance, and theatre. Visit www.sokaiunlimited.com or [on Facebook](#) for more information.
- **Arts in Action** offers dance, art, and theatre classes for children and teens. Visit www.artsinactionwv.org or [on Facebook](#) for more information.
- **My Messy Desk** offers a variety of arts and crafts, including workshops, summer camps, and private group activities. Visit www.CreativeInspirationsAtMyMessyDesk.com, on [Facebook](#), or call (309) 912-3191 for more information on arts and crafts events and activities.

BASEBALL

- **Hurricane Little League** offers baseball for youth. Visit them on [Facebook](#) or [on the web](#) at www.leaguelineup.com/welcome.asp?url=hurricanebaseball for more information.
- **North Putnam Little League** offers baseball for youth. Visit them on [Facebook](#), on the web at www.northputnamlittleleague.org, or call (304) 395-3127.
- **Winfield Little League** offers baseball for youth. [Visit them on Facebook](#), call (304) 395-1498, email at winfieldlittleleague@yahoo.com or visit www.leaguelineup.com/welcome.asp?url=winfieldll for more information.
- **Par Four Family Entertainment** is located on Rt. 60, between Hurricane and St. Albans. Follow Par Four Family Entertainment on Facebook. Par Four offers batting cages, batting lessons, miniature golf and a covered driving range. Visit them on Facebook, on the web at www.parfourbatterup.com, or call (304) 722-6393.

YOU CAN DO IT



BASKETBALL

- **Sports City U Basketball** (Hurricane) offers basketball skills training and basketball camps. Visit them on [Facebook](#), at www.sportscityubasketball.com, or call (304) 562-2424.
 - **Tri-County YMCA** (Scott Depot) offers Y-Winners Basketball for ages 4-13. Visit them on [Facebook](#), at www.tri-countyymca.org, or call (304) 757-0016 for more information.
 - **Zone Out Sports** (Hurricane) offers basketball skills training and free open gym for 1st through 5th graders, every Saturday from 8:30-10:30AM. Visit them on [Facebook](#), call (304) 993-3591 or email adamzimmerman4@gmail.com.
 - **Alexis Shannon-Burko** (Scott Depot) is a former college basketball player who offers affordable basketball training for athletes of all ages and gender. Call (317) 515-2585 or email alexisshannon3@aol.com.
 - **Teays Valley Church of God** (Scott Depot) offers FREE open gym basketball for youth and adults aged 16 and up, on Mondays from 7:00-10:00 PM.
 - **Elias Beacom Basketball** (Teays Valley) offers group and individual high level skill development. Visit on [Facebook](#), www.eliasbeacombasketballwv.com, (304) 415-8509, or beacombasketballwv@gmail.com.
 - **Upward** partners with churches to offer sports in our community. Visit www.play.upward.org for details and locations.
-
- **First Baptist Church** (Hurricane) - Call (304) 562-9281 or email lisamikecody@suddenlink.net.
 - **Good Shepherd Baptist Church** (Scott Depot)-Call (304) 757-7621 or email naamandunn@hotmail.com.
 - **Hamlin United Methodist Church** (Hamlin)- Call (304) 824-3383.

you're
POWERFUL



CHEERLEADING



- **River Cities Tumbling and Cheerleading** (Hurricane) offers recreational tumbling classes and competitive cheerleading. Visit them on [Facebook](#), email at info@rivercitiesgym.com, or call (304) 400-7046 for more information.
- **Hurricane Youth Football League** - visit them on the web at www.leaguelineup.com for more information or to sign-up.
- **Winfield Midget League** - visit them on the [facebook](#) or email wmflreg@gmail.com for more information.
- **North Putnam Little League** - for more information, visit them on the [facebook](#) or email northputnamlittleleague@gmail.com.
- **Upward** partners with churches to offer sports in our community. Visit www.play.upward.org for more information and locations.
- **First Baptist Church** (Hurricane) - Call (304) 562-9281 or email lisamikecody@suddenlink.net.
- **Good Shepherd Baptist Church** (Scott Depot) - Call (304) 757-7621 or email naamandunn@hotmail.com.
- **Hamlin United Methodist Church** (Hamlin) - Call (304) 824-3383.

COOKING CLASSES



- **WVU Extension Service:** (304) 586-0217.
- **WV State University Horticulture Program:** (304) 204-4388.
- **Move and Make Cooking Class**-FREE every third Monday at 5:30 PM at Valley Park Conference Center. Contact executivedirector@regionalfnrn.org to register.

live
your
dream.



CYCLING



- **Putnam Cycling Club** - visit them on [Facebook](#) for information about local group rides and other local cycling information.
- **Putnam County Pedalers** is a cycling team for middle school and high school aged youth residing in Putnam County. Visit www.nationalmtb.org, on [Facebook](#), or call (304) 932-6451 for more information.
- **Wheelbilly Bikes** (Hurricane) is a locally owned shop that sells and repairs bikes and bike gear. They are hoping to also offer bike rental in the near future. Follow them on [Facebook](#), call (304) 421-8000, or visit them at www.wheelbillybikes.com.

DISC GOLF



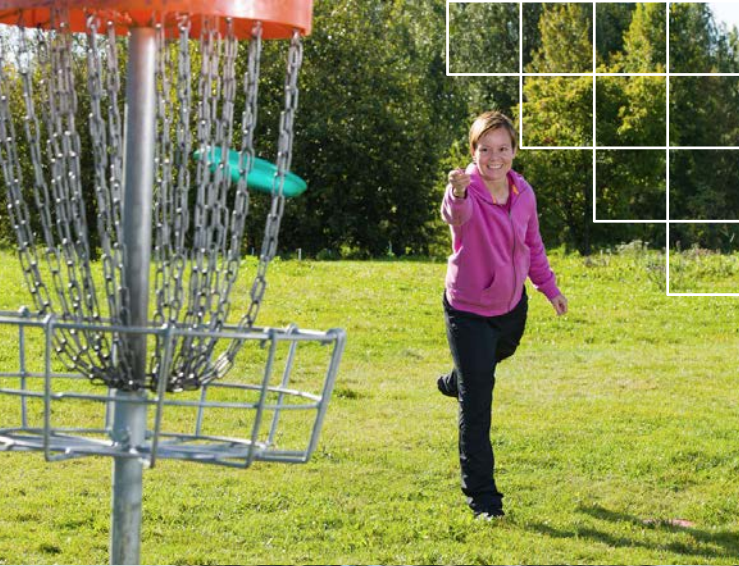
Putnam County Disc Golf Locations:

- **Valley Park Hurricane**
www.putnamcountyparks.com.
- **Eleanor Park** www.eleanorwv.com.
- **Teays Valley Church of God**
www.tvcog.org.
- Follow **Putnam County Founding Flyers Disc Golf** on Facebook to learn about local disc golfing events.

DANCE



- **Academy of Arts at January's** (Hurricane) offers dance classes for all ages and abilities. Visit them on [Facebook](#), at www.januarysacadmey.com, or call (304) 345-5141.
- **Arts in Action** offers dance, art, and theatre classes for children and teens. Visit www.artsinactionwv.org or on [Facebook](#) for more information.
- **Dancing Unlimited** (Hurricane) is a full-service dance studio offering instruction in ballet, tap, jazz, hip hop, pointe, gymnastics and Technique. Visit them at www.dancingunlimitedwv.com or call (304) 562-7197 for more information.
- **Kelle Boggs Dance Studio** (Winfield) offers a variety of dance, including ballet, lyrical, hip hop, tap, jazz, and fitness classes. Visit them on [Facebook](#), at www.kelleboggsdancestudio.com, or email at kelleboggsinc@live.com.
- **Kelly's Dance Studio** (Cross Lanes) offers ballet, tap, jazz, and tumbling for toddlers through senior citizens. Visit them on [Facebook](#), at www.kellysdancestudio.com, via email at kellysdanceteam@hotmail.com, or call (304) 776-8065 for more information.
- **The Macholah Ballet, Inc.** (Hurricane) is a nonprofit studio, with a desire to train dancers in a Christ centered environment. Visit www.themacholahballet@gmail.com or call (304) 541-0600 for more information.



EQUESTRIAN



- **Crown Pointe Farm** (Hurricane) offers horseback riding lessons. Visit them at www.crownpointefarm.com, or call (304) 546-4436 for more information.
- **Meadow Dream Farm** is a full service riding facility offering lessons, training, sales, camps, & parties. Call (304) 755-3921 or visit www.meadowdreamfarm.com.
- **Winfield Riding Club** offers 20 Acres for the Show Horse and Exhibitor, 1-Indoor Arena – 160' X 100', 2-Covered Arenas – 120' X 250' & 100' X 220', and 239 Permanent Stalls (new 21 stall barn added in 2011). Visit their website at <https://wvghafuturities.com/> or call (304) 586-4247 for more information.



FOOTBALL



- **Hurricane Youth Football League** - Visit them on the web at www.leaguelineup.com for more information or to sign up.
- **Tri-County YMCA (Scott Depot)** offers flag football for ages 4-13. Visit them on [Facebook](https://www.facebook.com/tri-county-ymca), on the web at www.tri-countyymca.org, or call (304) 757-0016 for more information.
- **Winfield Midget League** - Visit them on the [facebook](https://www.facebook.com/wmflreg) or email wmflreg@gmail.com for more information.



GAMING



(DUNGEONS AND DRAGONS, YU-GI-OH, BOARD GAMES ETC)

- **Drip Coffee on Main/Area 34** frequently offers FREE family friendly events, such as family game nights, book readings, music, etc. Visit them on [Facebook](https://www.facebook.com/dripcoffeewv) or at www.dripcoffeewv.com to learn about upcoming events; or email dripcoffeewv@gmail.com.





- **Par Four Family Entertainment** is located on Rt. 60, between Hurricane and St. Albans. Follow [Par Four Family Entertainment on Facebook](#). Par Four offers batting cages, batting lessons, miniature golf and a covered driving range. For more information visit www.parfourbatterup.com, or call (304) 722-6393.

GROUP EXERCISE **FREE**



- **Ladies Aerobics** at Teays Valley Church of God (Scott Depot) every Tuesday evening at 6:00. Bring hand weights if you have them. Contact the church at (304) 757-9222 for more information.
- **Ladies Exercise Class** at Teays Valley Church of the Nazarene (Teays Valley)-Abs Class Mondays at 5:30PM, followed by Aerobics at 6:00. Abs Class Thursday at 5:30PM, followed by Aerobics at 6:00. Abs Class Saturday at 9:00AM, followed by Aerobics. Contact the church at (304) 757-8400 or teays.naz@gmail.com for more information.

GYMS/ATHLETIC CENTERS



- **Tri-County YMCA** (Scott Depot) offers a fitness center with free weights and machines, open gym, indoor pool, racquetball courts, sports teams (sand volleyball, indoor and outdoor soccer, homeschool PE, flag football, and basketball), and fitness classes (aerobics, water aerobics, step, strength training, yoga, pilates, boot camp, zumba, and silver sneakers). Visit them on Facebook, on the web at www.tri-countyymca.org, or call (304) 757-0016.
- **Planet Fitness** (Teays Valley) offers memberships for ages 13+, with parent accompaniment. Call (681) 233-1300 or visit their website at planetfitness.com for information.
- **Anytime Fitness** (Teays Valley) memberships are available for youth aged 17+, with parental consent. Youth aged 13+ can participate in personal training sessions, with parental consent. Call (304) 757-2407 or visit their website at www.anytimefitness.com.
- **Boxing Fit** (Hurricane)-www.boxingfithurricane.com or call (304) 545-2789.
- **Firebreather Fitness** (Scott Depot) offers training for mature youth, with parent permission. Call (681) 945-0002, visit www.firebreatherfitness.com or email cameron@firebreatherfitness.com.



GYMS/ATHLETIC CENTERS

CONTINUED

- **Shotfire Fitness** offers seasonal teen/high school training. Follow them on [Facebook](#) or on the web at www.shotfirefitness.com.
- **Power Up Sports & Wellness** (Hurricane) offers cardio, strength training, nursery, and sauna. Visit www.powerupsportsandwellness.com or call (304) 397-6514. Student Memberships age 15+, with initial parental approval at time of enrollment.
- **Revved Up Fitness** (Hurricane) offers fitness for ages K-adult. They offer a homeschool fitness program for grades K-8, team strength and conditioning for middle school & high school aged youth, and personal training. Visit www.potentialpluswv.com or call (304) 757-7293 to learn more.
- **Quantum Sports Center** (Hurricane) offers a variety of youth team sports, including soccer, lacrosse, NFL flag football, dodgeball, and cornhole leagues. They also offer summer camps, clinics, and private party rentals. Visit www.quantumsportscenter.com or call (304) 562-1020 for more information.
- **Moxie Fitness** (Teays Valley) is a boutique fitness studio in Teays Valley, WV featuring small group fitness. Visit them on [Facebook](#), online at www.moxiefitnesswv.com, call (304) 389-1195, or email info@moxiefitnesswv.com.



GYMNASTICS/TUMBLING

- **Revolution** (Cross Lanes) offers gymnastics and tumbling for babies (Mommy/Daddy and Me) through youth. Call (304) 941-3547, visit www.revolutiongymnastics.net, or follow them on [Facebook](#) for more information.
- **River Cities Tumbling and Cheerleading** (Hurricane) offers recreational tumbling classes and competitive cheerleading. Visit them on [Facebook](#), email at info@rivercitiesgym.com, or call (304) 400-7046 for more information.



HUNTING/FISHING



- **Beyond the Backyard** is an organization for children that provides information about hunting/fishing/camping in WV. Visit them on [Facebook](#) or the web at www.beyondthebackyard.org.

INFLATABLES



- **All About Fun** (Hurricane) offers an indoor inflatable play area, as well as inflatable rentals. Visit them on [Facebook](#) to see a current listing of Drop-In Play times or call (304) 562-9566.

MARTIAL ARTS



- **Elite Martial Arts** (Scott Depot) - www.elitemartialarts.com or (304) 546-4922.
- **Pinnacle Karate Center** (Hurricane) - www.pinnaclekaratecenter.com call (304) 690-1149, or email at pinnaclekarate1@gmail.com.

MUSIC



- **Kindermusik at So Kai Clubhouse** (Hurricane) - www.sokaiclubhouse.com or call (304) 760-9697.
- **Hurricane Civic Choir** is a 4-part choral group. For more info, visit them on [Facebook](#) or email hurricaneivichorus@gmail.com.
- **Mary Beth Norman** - Call (304) 812-7990 or email mbhummingbird@gmail.com for more information.
- **West Virginia Treblemakers** (Scott Depot) is a children's chorus (grade 3 and up). Visit www.wvtreblemakers.org or call (304) 541-4710.

PADDLESPORTS

(STAND UP PADDLE BOARDING, KAYAKING, ROWING)



- **Putnam County Paddle Co-Op** offers paddle sports lessons and Stand-Up Paddleboard Rentals here in Winfield, WV for children through adults. Visit [Putnam County Paddle Co-Op on Facebook](#) or call (304) 610-8999 for more information.

PUTNAM COUNTY BOAT RAMPS



- **Winfield Community Center**, Winfield
- **Raymond City Boat Launch**, Poca
- **Buffalo Boat Ramp**, Buffalo



READING



- **Putnam County Library** (various locations) - www.putnam.lib.wv.us or call (304) 757-7308.

RUNNING/WALKING/HIKING



Putnam County Running/Walking Locations:

- **Genesis Running** offers Couch to 5K (C25K) classes for beginning and advanced runners of all ages. Visit www.genesisrunning.info for more information.
- **Hurricane Trail Racing** (Hurricane) - www.hurricanetrailracing.org.
- **Battle Run Events** (Hometown) obstacle course. Email at battlerunevents@gmail.com or follow **Battle Run Events** on Facebook.
- **West Virginia Running Resource Network** provides links to local running groups and running events, as well as information about starting a running group. Visit www.wvrunresourcenet.com for more information.

Putnam County Hiking Trails:

The Putnam County Convention and Visitors Bureau website offers a wonderful guide to Putnam County trails at www.visitputnamwv.com. Click on "Things to Explore." Trail maps are also available on the All Trails App or at www.mapwv.gov.

- **Meeks Mountain/Hurricane City Park** (Hurricane)-Follow [Meeks Mountain Trail Alliance on Facebook](https://www.facebook.com/MeeksMountainTrailAlliance) or visit www.meeksmountaintrails.org.
- **Eleanor Park Trails** (Eleanor)
- **Mary Ingles Trail** (Winfield)
- **Ridenour Park** (Nitro)
- **Plymouth Hollow Trail** (Bancroft)
- **Esther and Norman Walter Nature Park** (Red House)
- **Connection Point Trails** (Scott Depot)-trailhead at Teays Valley Church of God parking lot.



SCOUTS



- **Girl Scouts:** Follow [Girl Scouts of Putnam County on Facebook](#), visit www.bdgsc.org to enroll, or call (304) 345-7722.
- **Scouts** (for boys and girls various ages): Visit www.buckskin.org or call (304) 340-3663 for more information.

SEWING



- **Sew Crafty** is an arts and crafts store in Hurricane, which offers sewing classes for children and youth. Children learn to create fun items such as: pillowcases, stuffed animals, backpacks, and custom T-shirts. Visit [Sew Crafty on Facebook](#) or call (304) 541-9298 for more information.



SOCCER



- **Tri-County YMCA** (Scott Depot) offers tot soccer, spring outdoor soccer ages 4-13, and indoor soccer for ages 4-13. Visit them [on Facebook](#), on the web at www.tri-countyyymca.org, or call (304) 757-0016 for more information.
- **Quantum** (Hurricane)- Call (304) 562-1020 or visit www.quantumsportscenter.com.
- **Hurricane Youth Soccer Club** (Hurricane)- [Visit them on Facebook](#) or call (304) 563-6052
- **Great Teays Soccer Club**- Visit them [on Facebook](#), www.clubs.bluesombrero.com/gtsc or email gtscpres@gmail.com.

S.A.D.D

STUDENTS AGAINST DESTRUCTIVE DECISIONS

- SADD is a national organization that helps students make positive choices in regard to drugs, alcohol, tobacco, self-harm, teen dating, distracted driving/walking, dating violence, bullying, gambling, and other related issues that our young people are facing in their lives. SADD promotes healthier, happier lifestyles. SADD is student led and uses a peer-to-peer approach to promote healthy lifestyles. Contact: Debbie Goff at dgoff@k12.wv.us or visit www.wvsadd.org.



SUMMER CAMPS



- **Camp Appalachia** offers a summer-long day camp, with hiking, lake paddling, arts and crafts, swimming, and various sports activities. Visit them on [Facebook](#) or on the web at www.campappalachia.org for more information.
- **YMCA Camp Hi-Tor** offers a summer long day camp, with hiking, arts and crafts, swimming, field trips, and various sports activities. Visit them on [Facebook](#) or on the web at tri-countyymca.org for more information.

SWIMMING



- **Tri-County YMCA** offers an indoor family and lap pool. They also offer individual and group swim lessons for all ages. Membership is required.
- **Waves of Fun** offers an outdoor swimming pool and water slides to the public. Membership is not required, but yearly passes are available.
- **Eleanor Pool** offers an outdoor swimming pool and water slides to the public. Membership is not required.
- **Nitro City Pool** offers an outdoor pool with small water slides. Membership is not required.
- **FMC Club** is a private club that offers outdoor swimming to members only.
- **Sleepy Hollow Club** is a private club that offers outdoor swimming to members only.

TENNIS



- **Teays Valley Tennis Center** offers tennis lessons. Visit them on [Facebook](#), at www.teaysvalleytenniscenter.com or call (304) 415-3902 for more information.

THEATRE



- **Alban Arts Center** offers a wide range of classes in the performing arts and produces several stage plays yearly. Visit www.albanartscenter.com, Alban Arts Center on [Facebook](#), or call (304) 721-8896 for more information.



ULTIMATE



- Ultimate is a non-contact team sport that is played by throwing a disc. The object is to move your disc across the field and into the end-zone, much like football or soccer.
- **Valley Park** hosts an ultimate league for ages 16 and up. They meet on Monday evenings. Call (304) 562-0518 or visit www.putnamcountyparks.com for more information.

VOLLEYBALL



- **Tri-County YMCA** (Eleanor) - 7-week sessions for children ages 8-15. Visit them on Facebook, on the web at www.tri-countyymca.org, or call (304) 757-0016 for more information.
- **Teays Valley Church of God** (Scott Depot) offers FREE open gym volleyball on Sundays from 6:00-8:00 PM.
- **Putnam Kanawha Youth Volleyball League** is a youth volleyball league for 4th-5th grade girls. Contact (304) 206-8456 or visit them on [Facebook](https://www.facebook.com).
- **Putnam Volleyball Club** is a travel volleyball team for youth ages 10-18. Email them at putnamvolleyball@yahoo.com or visit www.putnamvolleyballclub.com.

YOGA



- **Grounded in Peace** (Hurricane) - Visit them on the web at www.groundedinpeacewv.com.
- **Tri-County YMCA** (Scott Depot) offers yoga and Pilates classes. Visit www.tri-countyymca.org, Tri-County YMCA on [Facebook](https://www.facebook.com), or call (304) 757-0016 for more information.
- **Teays Valley Church of God** (Scott Depot) hosts a FREE yoga class every Monday at 6:00. Bring your own yoga mat. Contact them at (304) 757-9222 for more information.

ZUMBA



- **Move and Make Zumba and Cooking Class** - FREE every Monday from 5:30-6:30 PM at The Valley Park Conference Center. Contact Cathy Schrader at executivedirector@regionalfrn.org for more information.





ADDITIONAL FUN THINGS TO DO IN PUTNAM COUNTY

- **The Putnam County Convention and Visitors Bureau** posts a calendar of family-friendly community events every month. Follow them on Facebook or visit them at www.visitputnamwv.com to view the calendar.
- **Valley Park** hosts a huge variety of community events, such as: The Putnam Farmer's Market, The Cupcake Festival, Easter Egg Hunt, Spookyville Halloween Festival, annual Christmas Festival, and many more. Follow them on [Facebook](https://www.facebook.com/valleypark) for more information about upcoming events.
- **The Putnam County Library** offers a variety of kid-friendly activities, throughout the year, at each of their locations. Follow them on Facebook or visit them at www.putnam.lib.wv.us for information on upcoming events.

FIND
YOUR
HAPPY
PLACE

EXERCISE MINUTES NEEDED TO BURN 500 CALORIES, BY WEIGHT

Exercise	100 lbs	125 lbs	150 lbs	175 lbs	200 lbs	250 lbs	300 lbs
Aerobics, Step: high impact	63	50	42	36	31	25	21
Aerobics, Step: low impact	89	71	60	51	45	36	30
Aerobics: high impact	89	71	60	51	45	36	30
Aerobics: low impact	114	91	76	65	57	45	38
Aerobics: water	156	125	104	89	78	63	52
Basketball: playing a game	78	63	52	45	39	31	26
Bicycling, Stationary: moderate	89	71	60	51	45	36	30
Bicycling, Stationary: vigorous	60	48	40	34	30	24	20
Bicycling: BMX or mountain	74	59	49	42	37	29	25
Boxing: sparring	69	56	46	40	35	28	23
Circuit Training	78	63	52	45	39	31	26
Football: competitive	69	56	46	40	35	28	23
Football: touch or flag	78	63	52	45	39	31	26
Golf: carrying clubs	114	91	76	65	57	45	38
Golf: using cart	179	143	119	102	99	71	60
Gymnastics	156	125	104	89	78	63	52
Hiking: cross-country	104	83	69	60	52	42	35
Horseback Riding	156	125	104	89	78	63	52
Martial Arts	63	50	42	36	31	25	21
Rock Climbing: ascending	57	45	38	32	28	23	19
Rock Climbing: rappelling	78	63	52	45	39	31	26
Rollerblade (inline) Skating	89	171	60	51	45	36	30
Rope Jumping	63	50	42	36	31	25	21
Rowing, Stationary: moderate	89	71	60	51	45	36	30
Rowing, Stationary: vigorous	74	59	49	42	37	29	25
Running: 12min/mile	78	63	52	45	39	31	26
Running: 10min/mile	63	50	42	36	31	25	21
Running: 9min/mile	57	45	38	32	28	23	19
Running: 8min/mile	50	40	33	29	25	20	17
Running: 7min/mile	43	34	29	25	22	17	14
Running: cross-country	69	56	46	40	35	28	23
Skiing: downhill	104	83	69	60	52	42	35
Softball: general play	125	100	83	71	63	50	42
Swimming: general	104	83	69	60	52	42	35
Tennis: general	89	71	60	51	45	36	30
Volleyball: competitive	156	125	104	89	78	63	52
Volleyball: non-competitive	208	167	139	119	104	83	69
Walk/Jog: jog <10min.	104	83	69	60	52	42	35
Walk: 13min/mile	125	100	83	71	63	50	42
Walk: 15min/mile	139	111	93	79	69	56	46
Weight Lifting: light	208	167	139	119	104	83	69
Weight Lifting: vigorous	104	83	69	60	52	42	35



Are you or someone you know troubled by emotional issues? Ever wish you could just have your "old self" back again? Are you using drugs or alcohol to cope with stress? The good news is that depression, anxiety, developmental disorders, addiction, and other mental health issues are very treatable. You can get help today! We've compiled a list of local and national support lines available to assist.

Bullying

cyberbullyhotline.com
800-420-1479

Child Abuse

childhelp.org
800-422-4453

Centralized Intake
1-800-352-6513

Depression & Panic Disorders

nimh.nih.gov
800-421-4211

Domestic Violence

www.thehotline.org
800-799-7233

Eating Disorders

nationaleatingdisorders.org
800-931-2237

Youth & Adult Gambling

getaheadofthegame.net
800-GAMBLER

HIV & AIDS

cdc.gov
800-342-2437

LGBTQ+

thetrevorproject.org
866-488-7386

Mental Health

nami.org
800-950-6264
Text NAMI to 741741

Run Away/Homeless

1800runaway.org
800-786-2929

Self Harm

thetrevorproject.org
866-488-7386

Sexual Addiction

sash.net
800-321-2066
<https://fightthenewdrug.org/>

Sexual Assault

safehelpline.org
877-995-5247
contacthuntington.com
866-399-7273
rainn.org
800-856-HOPE

Stalking

victimsofcrime.org
202-467-8700

Substance Use Disorder Treatment

samhsa.gov
800-662-HELP

help4wv.com

Call: 844-HELP 4 WV
TEXT: 844-435-7498

drugfree.org
Text CONNECT to 55753

Suicide

suicidepreventionlifeline.org
800-273-TALK

Teen Dating Violence

loveisrespect.org
866-331-9474
Text loveis to 22522

Tobacco

wvtobaccoquitline.com
800-784-8669

WV211

wv211.org
CALL 2-1-1
TEXT ZIP CODE TO 898-211

You're Invited!

**Please join us on the second Friday
every month for our Coalition meeting
at 10:30 am. Zoom links provided via
email. To be added to our email list,
contact pwc@regionalfrn.org.**

