

Pembina County Public Health

Prevent. Promote. Protect.
Summer 2026

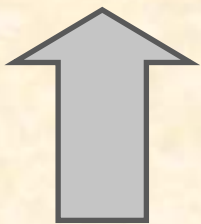


Public Health
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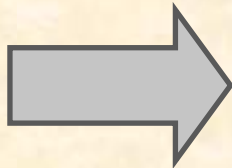


Pembina County Public Health would like to thank United Valley Bank and KodaBank for providing treats for our nurses during Nurses Week. Your generosity helped make our nurses feel appreciated and celebrated. Your kindness brought smiles to our staff and helped make Nurses Week a special occasion!



Kodabank supplied our nurses with delicious coffee drinks from Sparkys!

Chris and Denelle from UVB delivered some amazing teas from Vantage Point Nutrition!



THANK YOU NURSES



Cribs for Kids®
Helping every baby sleep safer



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Our department is a Cribs for Kids® partner which is a safe -sleep education and distribution program for families to help reduce the risk of injury and death of infants due to unsafe sleep environments. The program addresses specific situations dealing with socioeconomic issues such as crib affordability and cultural practices such as bed-sharing and secondhand smoke.

Crib Kits for eligible pregnant and newly delivered mothers feature a free portable Pack n' Play, crib sheet, pacifier and a swaddle sack.



Call 265-4248 to inquire or set up an appointment!



For more information, visit:

<https://www.hhs.nd.gov/.../injury-prevention/cribs-kids>

Choose the right car seat.



Have a certified child passenger safety technician check your car seats/boosters for proper installation and fit.

Free and open to the public!

JULY 1ST, 2026
3PM-6PM

LEEVERS PARKING LOT
CAVALIER, ND

SAFE
KIDS
GRAND FORKS



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Questions? Call 265-4248

**CAR SEAT CHECK
UP EVENT!**

In conjunction with the Faith in Action Cookout



Types of Self-Care



PHYSICAL

Nutrition
Exercise
Sleep



EMOTIONAL

Therapy
Journals
Compassion



SOCIAL

Boundaries
Connection
Communication



SPIRITUAL

Meditation
Nature
Alone Time



PERSONAL

Goals
Dreams
Hobbies



SPACE

Safety
Stability
Clean Space



FINANCIAL

Budgeting
Saving
Investments



PROFESSIONAL

Boundaries
Learning
Positive Vibes

International Self-Care Day takes place on July 24th. Self-care is self love. Remember, you can't pour from an empty cup. Take a break from life and let yourself feel refreshed, however, that looks for you.

To learn more visit: Pembina.crediblemind.com and search 'self-care.'

ATV SAFETY COURSE

**In-person courses offered
by North Dakota Parks & Rec.**

To register, visit
<https://events.leapevents.com/events/31717>

**SAFE
KIDS**
GRAND FORKS

THIS COURSE OFFERS HANDS-ON TRAINING IN ATV SAFETY AND EACH ONE IS LIMITED TO 8 PARTICIPANTS. ADDITIONAL CLASSES OFFERED IN THE STATE CAN BE FOUND ON PARKREC.ND.GOV WEBSITE. BELOW ARE LISTED THE ONES IN OUR SAFE KIDS GRAND FORKS SERVICE AREA:

JUNE 16 (2 CLASSES: 9 A.M. | 1 P.M.) - DEVILS LAKE

JUNE 17 (2 CLASSES: 9 A.M. | 1 P.M.) - LAKOTA / STUMP LAKE

JULY 15 (9 A.M.) - LANGDON

JULY 15 (2 P.M.) - GRAFTON

JULY 16 (2 CLASSES: 9 A.M. | 1 P.M.) - NORTHWOOD

**NORTH
Dakota** | Parks & Recreation
Be Legendary.



Summertime is here and that means more ATVs will be in use. While ATVs can be used for both work and recreational purposes, they can be very dangerous to operate for youth. Being properly trained helps make using an ATV safer and also compliant with our North Dakota state law. There will be several ATV safety courses offered in our Safe Kids Grand Forks service area this summer (note: Grafton and Langdon). Check out the link above to get your youth registered if they will be using these devices.



MY LIFE MY QUIT



**Free, confidential help
to quit vaping and other
tobacco for youth
under 18**

**Text 36072
Call 855.891.9989
mylifemyquit.com**

**My Life, My Quit is a
free program that
helps teens quit
vaping and other
tobacco products
through personalized
coaching, text
support, and online
resources. The
program empowers
young people to take
control of their
health and build a
tobacco and nicotine
free future.**

Upcoming Events:

June 19th: Office closed
for Juneteenth

June 25th: Drayton
Outreach canceled due
to Immunization
Conference in Bismarck

July 1st: Walhalla
Outreach at St. Boniface
by appointment only

July 1st: Faith in Action
Cookout/Car Seat
Checkup Event (3pm-6pm)

July 3rd: Office closed
for Fourth of July

July 9th & 10th:
Pembina County Fair-See
PCPH's table in the
commercial building

July 23rd: Pembina
Outreach canceled due
to staff away at meetings

August 5th: Walhalla
Outreach at St. Boniface
by appointment only

August 26th: Drayton
Outreach at Tisdale by
appointment only

Come see us!

*Give our office a call to set
up an appointment at 701-
265-4248.*

**You don't need
perfect words—
just showing up
with
consistency and
openness
matters
most. **

Learn more: parentslead.org

Worried About Substance Use?

4 Tips Before You Talk



Listen first. Ask
open-ended
questions and
give them space
to talk.



Stay calm. Your
reaction can
shape how
honest they'll be.



Lead with love.
Remind them
you're here to
help, not to
punish.



Be informed.
Know the facts
and seek support
if needed.

PARENTS LEAD

PCPH Staff
Rachel Ramsay, RN
Public Health Director
rramsay@nd.gov
Sara Carter, RN
sacarter@nd.gov
Rachelle Puppe, RN
rpuppe@nd.gov
Kallie Christenson, RN
kcchristenson@nd.gov



TEAR, FILL, SHAKE & TRASH



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FREE DETERRA KITS ARE AVAILABLE AT PEBINA COUNTY PUBLIC HEALTH

THE DETERRA DRUG
DEACTIVATION SYSTEM IS
THE SIMPLEST AND MOST
EFFECTIVE WAY TO KEEP
DRUGS OUT OF
WATERWAYS.



SUMMER IS HERE!

Although we are not ready to think about fall and back to school yet, we want to remind you there are certain vaccinations required for children entering Kindergarten, 7th grade (after 11 years old), and 11th grade (after 16 years old). Summer is an opportunity to get this done to prevent worrying about fitting it in this fall. Take note of our outreach dates and locations, and as always give our office a call to make an appointment!



Pembina County Public Health

301 Dakota Street W #2
Cavalier, ND 58220
Phone: (701) 265-4248

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It's Quitting Time

Quit Week is June 7-13, 2026

NDQuits

Tobacco Free
North Dakota