

Niagara Region Public Health School Health Newsletter

April 2025

Happy Oral Health Month!

The Niagara Region Public Health Dental Program offers **FREE** dental clinics for children and youth 17 and under throughout Niagara.

Appointments are available at the following locations:

Office Location	Day and Time
Niagara Falls Public Health Office 7835 McLeod Rd	Mondays 11:30 a.m. – 6:30 p.m. Tuesdays 9:00 a.m. – 4:00 p.m.
Niagara Region Headquarters 1815 Sir Isaac Brock Way	Wednesdays 9:00 a.m. – 4:00 p.m.
Welland Public Health Office 200 Division Street	Thursdays 9:00 a.m. – 4:00 p.m.



[Niagara's Mobile Dental Clinic](#) also travels around Niagara to various locations throughout the week.

All of our dental clinics offer free dental assessments, cleanings, fluoride and sealants. To book an appointment [contact the Dental Program](#) or [book a dental assessment online](#).

Be Safe for Niagara

It can be overwhelming to try to navigate mental health supports in Niagara. With the [Be Safe app](#), you can get the help you need, when you need it most. Be Safe is a free mobile app that offers information and links to mental health, addiction and suicide prevention resources in Niagara. It helps support you through the process of reaching out when life feels overwhelming.

The Be Safe App in Niagara:

- Allows users to create a digital safety plan
- Informs users about mental health and addiction resources in Niagara
- Helps you be prepared if you find yourself in a crisis

For more information, please visit <https://besafeapp.ca/>

You can download the app on the [App Store](#) or [Google play](#).



Let's Talk Vaping

There's a good chance that teens have been exposed to vaping—whether at school, through friends, on social media, or in movies and TV shows. From one parent to another, learn the basics about vaping in just 12 minutes.

<https://www.notanexperiment.ca/parents/>

