We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Over a million children suffer fatal or debilitating brain and spinal cord injuries each year.

Many of these injuries can be prevented if we ThinkFirst.

Over a million children suffer fatal or debilitating brain and spinal cord injuries each year.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program combines age-appropriate safety lessons/activities with a presentation by a healthcare professional and VIP speaker into a powerful discussion about personal safety and avoiding dangerous situations. Topics such as peer pressure, developing strong decision-making skills and building a positive self-image are also addressed in this program.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.

ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.

We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

Many of these injuries can be prevented if we ThinkFirst.

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

This program also includes the 10-minute film “Think About Your Choices,” which features personal testimonials of VIPs.