



South Windsor
**Youth & Family
Services**

We are located at
150 Nevers Road
The Charles N Enes/SW
Community Center



**Youth & Family
Services is a division of
the Human Services
Department**



[www.facebook.com
SWYouthFamily](http://www.facebook.com/SWYouthFamily)

Inside this issue:

SWAN Programs 2

Middle School Night at the Teen Center 2

School Outreach Corner 3

Welcome Note 3

Parent Talk Newsletter

A bi-monthly publication of South Windsor Youth & Family Services

“Creating and fostering opportunities for South Windsor youth and their families to learn and grow in positive ways”

January-February 2018

**Would you like to make new friends and increase your self-esteem while having a great time?
Come join our new Friendship Girls Circle Group!**



Themes include: A Friendly Place, Being Included and Being Left Out, Our Qualities & Strengths, Being My Own Friend First and more!

Who: Girls ages 9-14

Where: South Windsor Community Center

When: Every Tuesday 5:30-6:30 starting January 30th

January 30th, February 6th, February 13th, February 20th, February 27th, March 6th, March 13th, March 20th

Cost: \$10.00 (includes supplies and group dinner at end of the program)

To register: Eventbrite.com-

Search South Windsor Youth & Family Services

The Girls Circle is a model of structured support groups for girls 9-18 years. It is designed to foster self-esteem, help girls maintain authentic connection with peers and adult women in their community, counter trends towards self-doubt, and allow for genuine self-expression through verbal sharing and creative activity.

Elementary and Middle School Students are invited to join the High School Youth Council in spreading kindness for

Random Acts of Kindness Week! We will be making fun and inspirational crafts to give out to family, friends & people in our community. Sponsored by High School Youth Council at the Teen Center

Thursday, February 15 ~ 12-2:00pm in the Teen Center

Space is limited. Call 860 648-6360 or email liane.lussiersmith@southwindsor.org to register by 2/8/18.



“No act of kindness, no matter how small, is ever wasted” ~ Aesop



SWAN Parenting PROGRAMS

All SWAN Programs are held at the SW Community Center at 150 Nevers Road, unless otherwise stated. To register for programs or more information, contact Kelly McKenney at 860-648-6361 x320

Family Wellness Workshops and Activities

Find out the latest information about child growth and development, stress management, positive discipline, communication, the teen years, and many other issues related to parenting. Our Parent Educator offers a variety of educational workshops as well as individual consultations and home visits that can help parents feel better about themselves and the roles they fill. Consultations and home visits are FREE of charge.

To register for workshops or schedule an appointment: please call Kelly McKenney at 860-648-6361 Ext. 320 or Kelly.McKenney@southwindsor.org. Programs are held at the Community Center, 150 Nevers Road, South Windsor

Relatives Raising Children Group

(Meetings are the last Tuesday of the month)

10:00-11:30 am

This group is open to all who are a grandparent or relative raising a child. In this group you will:

- ◆ Share ideas and experiences about raising children
- ◆ Get information about resources
- ◆ Discuss how to cope with your unique challenges

FREE Winter Playgroup, Let's Play Together!

(For parents of children birth-4 years old)

Most Mondays (No class, January 15th, and February 12, 19th)

10:30-11:30 am

With the cold weather approaching let your little one come and burn off some energy, while you meet new friends and have some coffee. Healthy snacks provided for the little ones.

Cost: Donations Appreciated (will be used towards new toys, crafts and healthy snacks)

February Speaker: Charlie Slaughter, author of Hungry For Love

Please mark your calendars for a very interesting **FREE** training from published author, nutritionist and champion of attachment parenting, Charlie Slaughter (author of Hungry For Love: Creating a mealtime environment that builds connection, life skills and eating capabilities) on **February 1st 2018 from 5:30-7:30 pm (snow date 2/8/18)**. Charlie Slaughter will be available for a follow-up meeting on February 15th from 5:30-7:00pm to discuss issues/challenges with feeding and mealtime. You are encouraged to attend both February 1st and 15th. Please RSVP by 1/25/18, 860-648-6361 EXT. 320.

***Looking for Surrogate Grandparents to participate in a Valentine's Day craft activity and hot cocoa with toddlers!

Do you love spending time with children? Do your grandchildren live far away? Do you wish you had grandchildren to spend time with? Come join us on Wednesday February 14th from 10:30-12:00 and make a valentine themed craft and enjoy some hot cocoa with little ones between the ages of 18 months -4 years old. Please RSVP by 2/8/18!

Friday Nights at the Teen Center is Middle School Night! 6pm to 9:30pm *Parent/guardian must register and come in to sign you out* Check out our events in January & February

J.O.Y. in JANUARY

Join Our Youth council efforts in helping the local food banks! Bring a donation of toiletries or canned goods when you attend a Friday night event in January!

JANUARY EVENTS

- 1/5 Game Night
- 1/12 Popcorn & a Movie
- 1/19 Wii Dance Off
- 1/26 Tournament & Trivia

FEBRUARY EVENTS

- 2/2 Bingo for Prizes
- 2/9 Valentines Day Fun!
- 2/16 Arts & Crafts for Random Acts of Kindness
- 2/23 Foosball Tournament

To register or for more information on any Teen Center program, contact Liane Lussier Smith at liane.lussiersmith@southwindsor.org or 860-648-6360

**Youth & Family Services
Staff**

Director:

Liz Langevin, LMSW

Teen Center Program

Coordinator:

Liane Lussier Smith, LCSW

Parent Educator/

SWAN Coordinator:

Kelly McKenney, LMSW

School Outreach

Specialist:

Kathy Reed

Youth & Family

Counselor:

Robin Lagasse, LCSW

Youth & Family

Counselor:

Nikki Lengyel, LMSW

SCHOOL OUTREACH CORNER

High school students who are interested in being a part of the Jump Start Tutoring Program for the **Spring** session should pick up an application in the SWHS Counseling Office. High School students tutor middle school students on Thursday afternoons at TEMS. They help with homework, study for tests and work on projects together. High School applicants must have good grades and excellent communication skills. Transportation is provided.

❖ The Timothy Edwards Counseling Department and Youth and Family Services team up to provide the "8th Grade Business Lunch Program". Once a month a speaker from the community visits TE and chats with a small group of 8th grade students about their profession. They talk about the path taken to get to their job, the details of their responsibilities and the pros and cons. Speakers with a wide variety of jobs participate so that students can start to learn more about what may interest them in the future. In December we had Jeff Dooley, the voice of the Yard Goats, visit us. We have an actuary joining us in January and a lawyer visiting in February. Throughout the years we have had an amazing variety of people volunteer to be a part of the program, including a pilot, a chef, a news anchor, a crime scene investigator, a dentist, a police officer and many more.

*For more information, please contact Kathy Reed,
School Outreach Coordinator, at
Kathy.reed@southwindsor.org or at 860-648-5030
ext. 2209.*

Hello South Windsor Families,

Our department has some very exciting news that I can't wait to share with you! We have hired two new part time Youth & Family Counselors. One is Robin Lagasse, LCSW. Robin has been doing contractual counseling with us for a little over a year. The other counselor is Nikki Lengyel, LMSW. In addition to working part time for us, she works part time for Youth Services in the Town of Suffield. Both will be available to meet with children and teens for support/counseling in schools and the community center and will run groups based on need. Our counseling services are FREE and confidential.

Please join us in welcoming them both.

Sincerely,

Liz Langevin, LMSW

Director of Youth & Family Services