



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)

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# 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”

**May-June 2017**

## Ethnicity and Culture in Parenting Practices: A Round Table Discussion for Parents May 11<sup>th</sup> from 6:30-8 PM SW Community Center



How does your background influence your parenting?  
What parenting challenges are unique to raising children according to your cultural traditions?  
Which parenting challenges transcend culture and unite us?  
How can South Windsor Youth and Family Services help support your parenting efforts?

Join us for a round table discussion on these questions and others on May 11 at 6:30 PM. Global art activities for children will be provided for a limited number of children grades K-5. To ensure quality care, please RSVP to Kelly McKenney at [kelly.mckenney@southwindsor.org](mailto:kelly.mckenney@southwindsor.org) by May 8<sup>th</sup>.

### *Kidding Around Yoga and Crafts*

For ages 6 to 11!

Two SIX week sessions are being offered:

**Wednesdays** June 28, July 5, 12, 19, 26 or Aug 2

**From 9 to 11 a.m.**

**Thursdays** June 29, July 6, 13, 20, 27 or Aug 3

**From 4 to 6 p.m.**

\$30 per session

150 Nevers Rd. South Windsor

To sign up go to: [www.eventbrite.com](http://www.eventbrite.com) and search: **kidding around yoga**

Or email [Eileen.adler@southwindsor.org](mailto:Eileen.adler@southwindsor.org)

For more info call 860 648-6361 X324



# 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

## Newborn Care Class for New & Expecting Parents

Join Marie Russell a Certified Postpartum Doula to learn about newborn care. This interactive, hands on class teaches new, expectant parents and grandparents how to care for their babies with evidenced based knowledge and confidence. Topics such as diapering, bathing, soothing, feeding and caring for a baby will be discussed, demonstrated, and practiced. FREE

When: May 17<sup>th</sup>, 6:30– 8:30 P.M.

Location: South Windsor Community Center, 150 Nevers Rd.

Please RSVP by May 12<sup>th</sup>

## Chef In Training

This is a 5 week, interactive cooking class series for children in 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grade and their parents. Art is a form of play. Helping children learn to play in the kitchen, exploring various textures and temperatures as they measure and mix ingredients, is often the first step to eventually tasting new food. Each week there will be a theme and we will enjoy food or dessert. Cooking with children teaches valuable skills such as, simple math skills, nutrition, following directions, measuring, sensory awareness, language skills, art and cultural awareness. **Cooking is a great way for the family to spend time together!** All children will receive a chef hat.

Dates: 6/15, 6/22, 6/28, 7/5, and 7/12.

Time: 6:00-7:30 P.M

Cost: \$40.00

Space is limited for this program, so please RSVP early!

## Relatives Raising Children Support Group

This is an ongoing support group for any relative raising a child. This group offers support and education. We meet the last Tuesday of every month, from 10:00- 11:30. Our next Meeting will be on June 27<sup>th</sup> 2017. Please call in advance to verify our meeting location for spring/summer. Coffee and light refreshments provided. No RSVP necessary but for more info, contact Kelly.

## Baby Steps: Mommy & Me for Infants

Make time for you and your baby by attending this group. Get the support to make the transition into parenthood as smooth as possible. Imagine a place with a safe, inviting and relaxed atmosphere where you can meet other parents, build relationships, and find answers to your parenting questions. BABY STEPS is just the place. Your little ones can play while you gain valuable support and learn helpful tips about raising your young child from other parents and from the caring, knowledgeable Parent Educator. Play is your baby's work and is essential for proper brain development. Light refreshments and coffee provided.

Next Meet-up: May 23<sup>rd</sup> and June 13<sup>th</sup> from 10:00 to 11:00 a.m.

(B.Y.O.B bring your own Boppy!)

\$2.00 per session is appreciated to go towards refreshments.



Are you headed into 6th grade at Timothy Edwards Middle School in the Fall?

If yes, please join us at the Teen Center for an **ICE CREAM SOCIAL** on **Thursday, June 1st from 5pm to 7pm.**

Come check out the Teen Center with your parent/guardian to hear more about what we have to offer!

## **FRIDAY NIGHT**

At the Teen Center for Middle School age 6pm to 9:30pm

### **MAY & JUNE EVENTS**

- **MAY 5 Kids Family Feud**
- **MAY 12 Special Guest: Robert Rivest~ Interactive Mime Show!**  
**FREE & for all Teen Center Participants that night**
- **MAY 19 Mystery Game**
- **MAY 26 Popsicles & Pictionary**
- **JUNE 2 Games Galore!**
- **JUNE 9 End of the Year**

## **Rising Stars Summer Community Service Program**

**WHAT:** Summer program with daily community service projects, teambuilding activities & FUN!

**WHEN:** Monday—Friday, 9:00AM– 2:00PM

- Middle School Session I: June 26-July 7
- High School Session I: July 10-July 21
- Middle School Session II: July 24- August 4
- High School Session II: August 7-August 18

**COST:** \$100.00 for each two week session—includes daily transportation, lunch, snacks and admission on trips. **SPACE IS LIMITED!**

**CONTACT: Liane Lussier Smith**

**PHONE : 860 648-6360**

**EMAIL: [liane.lussiersmith@southwindsor.org](mailto:liane.lussiersmith@southwindsor.org)**

**Youth & Family Services  
Staff**

**Director:**

Liz Langevin, LMSW

**Teen Center Program**

**Coordinator:**

Liane Lussier Smith, LCSW

**Parent Educator/**

**SWAN Coordinator:**

Kelly McKenney, LMSW

**Youth & Family**

**Counselor:**

Eileen Adler, LCSW

**School Outreach**

**Specialist:**

Kathy Reed

**Youth & Family**

**Counselor (contractual):**

Robin Lagasse, LCSW



## School Outreach Corner

Kathy Reed  
School Outreach Specialist  
kathy.reed@southwindsor.org

### **GIRLS Connection, Adventure, Respect, Exploration**

For girls in 4th and 5th grade

Girls Care is a two day program that will empower girls to be their best. Join us for outdoor adventures, hands on activities and strengthening friendship skills.

**Tuesday, June 20th & Wednesday June 21st**  
(days there is no school for elementary schools)

**9am to 3:30pm both days**

Lunch will be provided

Cost \$40

This program will be facilitated by Kathy Reed and Liz Langevin, Youth & Family Services staff.

Space is limited. Register by email or phone:

Liz.langevin@southwindsor.org or 860-648-6361 x331

## **South Windsor Human Services Fundraiser**

**Raffle! Food! Fun!**

**When: Saturday, June 10** (Rain date Sunday, June 11)

**Where: South Windsor Mini Golf** (Located Right behind Dairy Queen Grill and Chill)  
845 Sullivan Ave  
South Windsor, CT 06074

**Tee Time: 10:00 AM—3:00 PM Fee: \$15 per person**  
18 holes of mini golf and Dairy Queen 5 buck lunch and ice cream

**To buy tickets in advance visit the Human Services office at  
150 Nevers Road**

*Tickets available the day of as space allows.*

**All proceeds support South Windsor Human Services Building Enhancements**

***Everyone is Welcome!***

**Questions? Call Missy Rankin at 860-648-6361 ext. 339**