



South Windsor
**Youth & Family
Services**

A division of South Windsor Human 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)

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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 and June 2018 Newsletter



If you could make a difference in this world, would you?

This is your opportunity! Join us for 3 nights of giving back to our community. We will participate in fun cooperative games, learn about a local organization that needs help and then actually **DO SOMETHING** to help them! This is your chance to get involved in the world and make it a better place!

SESSION 1

6th, 7th and 8th Grade students (entering in the fall)

Tuesday, July 17th, Wednesday, July 18th AND Thursday, July 19th (3 dates)

5pm-8pm

A light dinner will be provided each night

South Windsor Community Center

Fee: \$30

SESSION 2

9th-12th Grade students (entering in the fall)

Tuesday, August 14th, Wednesday, August 15th AND Thursday, August 16th (3 dates)

5pm-8pm

A light dinner will be provided each night

South Windsor Community Center

Fee: \$30

To register go to Eventbrite.com and search South Windsor Youth & Family Services. Questions? Please contact Kathy Reed, School Outreach Coordinator at kreed@swindsor.k12.ct.us or at 860-648-5030, ext. 2209

THRIVE!

A FUN & INTERACTIVE college prep program

How ready are you feeling for this next chapter in your life?

We want to help you feel as prepared as possible.

This program for high school seniors will cover critical life skills needed to feel confident in college life. Meet with former SWHS grads to hear how their experience has been. Dinner included.

When: Wednesday, May 30th

Time: 5pm to 8:30pm

Where: SW Community Center

This program is free but you must register by calling or emailing Liz at liz.langevin@southwindsor.org 860-648-6361 x331



SWAN Parenting PROGRAMS

All SWAN Programs are held at the SW Community Center at 150 Nevers Road, unless otherwise stated.
For more information, contact

Kelly McKenney at 860-648-6361 x320

To register for Mother/Daughter Circle and Spring Family Yoga, go to www.eventbrite.com and search South Windsor Youth and Family Services.

Mother/ Daughter Circle (Students in 4th and 5th grade)

Kelly McKenney, Parent Educator, and Robin Lagasse, Youth Counselor, would like to invite you and your daughter (**grades 4 and 5**) to participate in a 5 week group designed to strengthen the mother/daughter bond. The goal of this group is to help promote girls' healthy and safe passage into young womanhood. Using creative and expressive activities, Mother-Daughter Circle will provide girls and their mothers an opportunity to encourage, and inspire their bonds of connection in practical, honest and enjoyable ways. Mother-Daughter Circle provides a safe, strengths-based approach to supporting mothers and daughters on their relationship journey.

DATES: May 3rd, 10th, 17th, 24th and 31st from 6:00 to 8:00 PM

Cost: Per couple, \$30

Space is limited,

Spring Family Yoga Night

When: May 14th 2018, From 5:30-7:30 pm

Who: Children Ages 7-11 Years Old and their caregivers

Facilitated by Dr. Cara Nguyen, Psy.D, and Dr. Jill Hanson, LMFT, Owners of Moving in Harmony, yoga studio. This class is designed for kids and caregivers to come together, move and have fun. Using movement and yoga, we will explore ways for your family to let go of struggles, cooperate and create! Absolutely no yoga, agility or Coordination skills required! Bring your own yoga mat or towel!

Must pre-register, space is limited!

Cost: \$10 per family and \$20 for 4 or more people. Dinner Included!

Monday Morning Playgroup (Birth to 4 years old)

Considering a playgroup for you and your little one? Come check out South Windsor's FREE, drop-in playgroup on Monday mornings from 10:30-11:30 in the Gym. Playgroups can be beneficial for children of any age, but as babies and toddlers begin to develop social personalities and display empathetic tendencies toward others, joining a playgroup can help them become more independent and confident. Parents can meet other parents, while their children play in a safe and age appropriate environment. Donations are greatly appreciate and used toward snack, craft and age appropriate toys. **Please note, no class on Monday, May 28th and June 25th!**

Relatives Raising Children Support Group

Are you a grandparent or relative responsible for raising your grandchild or the child of a relative? If so, you are not alone. There are 2.4 million grandparent-headed households in the United States and this number continues to grow. The South Windsor Relatives Raising children Support Group was created for grandparents that can benefit from support and resources while they face the joys and challenges of raising their grandchildren. Meetings are held the last Tuesday of the month (call to make sure the date hasn't changed), at the Community Center at 150 Nevers Rd. and are led by our Parent Educator. Light breakfast and coffee are provided. This is an open group, but please call to register at, 860-648-6361 X320

Summer Chef in Training Program for Children ages 7-11

***\$20 a session or \$50 for all three sessions

1st session: June 7th and 14th 2nd session: July 11th and 18th 3rd session: August: 1st and 8th

Interactive cooking class series for children ages 7-11 years old and their parents. Creating a meal together is a great way for the family to connect and spend time together! Cooking is a form of play and teaches children important life skills. 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 creating and tasting a healthy meal together. Cooking with children teaches valuable life skills such as, simple math skills, nutrition, following directions, measuring, sensory awareness, language skills, cultural awareness and most important it's a way to bond with our children. Classes are held in the kitchen at the South Windsor Community Center, 150 Nevers Rd.

To register go to eventbrite.com and search for South Windsor Youth and Family Services Programs.

SW TEEN CENTER RISING STARS

Summer Program

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

Only a few spots are left for the high school sessions! Call today if you are interested!! (middle school sessions are already filled)

Spots Available for High School Session II: August 6th through August 17th .

Program is Monday through Friday, 9AM TO 2PM



Cost is \$100 for the two week session which includes: daily transportation, lunch, snacks and admission on trips

Below are Friday night events at the Teen Center for Middle School aged students
6pm to 9:30pm

SAFE. SUPERVISED. SUBSTANCE FREE.

May & JUNE EVENTS

- MAY 4 Kids Family Feud
- MAY 11 Mystery Game
- MAY 18 Jump Rope Challenges
 - MAY 25 CLOSED
- JUNE 1 Pictionary & Popsicles
 - JUNE 8 Summer Crafts
 - June 15 Outdoor Games
- June 22 End of the Year Celebration!

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

Parent/guardian must register and come in to sign youth out



**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

Moving On Up

South Windsor Youth and Family Services staff, Kathy Reed and Robin Lagasse, will offer a transition group for students entering 6th grade this fall.

Come learn more about TEMS, meet new friends, go on a tour, have your questions answered and get prepared for the start of 6th grade!

~ This FREE program will be held at Timothy Edwards Middle School,
100 Arnold Way ~

Girls

Thursday, August 2nd: 9-10:30am OR
Tuesday, August 14th: 11am-12:30pm OR
Thursday, August 23rd: 11am -12:30pm

Boys

Thursday, August 2nd: 11am-12:30pm OR
Wednesday, August 22nd: 9-10:30am OR
Thursday, August 23rd: 9-10:30am

Coed

Tuesday, August 14th: 9-10:30am OR
Wednesday, August 22nd: 11am-12:30pm



Register TODAY! Registration deadline for the **MOVING ON UP** program is **Fri., July 27th, 2018.**

Space is limited so please sign up **EARLY!**

Go to **EVENTBRITE** and search South Windsor Youth & Family Services. Choose program and one date then follow the registration instructions.

Once registered you can print out your FREE ticket to the program.

If you have questions, please contact Kathy Reed, School Outreach Coordinator, at

860-648-5030, ext. 2209 or at Kreed@swindsor.k12.ct.us

Our counseling and parent support services continue through the summer. If you or your child would like to connect with one of our counselors, please reach out to Liz at 860-648-6361 x331 or liz.langevin@southwindsor.org