



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”

September-October 2018

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 Parent Programs 2

National Eat Dinner Family Day 3

Middle School Night at the Teen Center 3

School Outreach 4

Back to School Event for HS 4

Join us for a community presentation with
Kevin Briggs

“ Breaking the Silence: It Takes a Community”

Topic: Mental Health Awareness & Suicide Prevention

Date: Thursday, October 25th 2018 6:30pm to 8:00pm

Where: SW High School Auditorium

Kevin Briggs is a former California highway patrol (CHP) officer and spent most of his career patrolling San Francisco’s Golden Gate Bridge. Kevin completed the FBI’s Crisis Negotiation course and trained new CHP officers as well as Golden Gate Bridge staff on crisis interventions, specifically involving mental health and suicide. He has used his experience of his encounters with people on the bridge as well as his own life experiences to improve mental health awareness across the world. Open to the entire South Windsor community.

QUESTION....

What is a Youth Service Bureau and how is it different from a recreation department?

There are **102 Youth Service Bureaus** in the state of CT. Most are municipal departments or divisions. We are a division of the SW Human Services Department. All receive funding from the CT State Department of Education. Most receive grants from the Department of Mental Health and Addiction Services (we do!). We are tasked with assessing community needs and providing educational programs and support for youth (ages 0-18) and their families, that promote social and emotional wellness & growth. We offer a variety of positive youth development & leadership opportunities throughout the year. We offer free short term counseling for school age youth (K-12) and we also offer parent education and support. We operate the town Teen Center, which is open for both middle school and high school students. We coordinate the Juvenile Review Board for the town as well as our Local Prevention Council (SWAFF). We are also known for our role in encouraging the community to talk about the “hard stuff” like mental health & wellness, alcohol and drug use and prevention, suicide prevention.

If you would like to know more about us or have any ideas that you would like to share with us, please contact our Director, Liz Langevin at liz.langevin@southwindsor..org



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

Dads Dinner and Playgroup

Calling all Dads, Grandparents and positive male role models in your child's life. For children up to 4 years old. Join us for interactive playtime with other dads like you! This is a monthly activity and is FREE for South Windsor residents and surrounding towns. This program is a donation only program, donations will be used to provide dinner and activities. Next playgroup will be on Thursday, September 20th and October 11th from 5:30-6:30

Monday Morning Playgroup (Birth to 4 years old)

Are you a caregiver with a young child? Are you looking for more support and ways to socialize with other parents? Come meet new friends and make connections in your community, while your children learn important social skills and play in a fun and safe environment. FREE, drop-in playgroup on Monday mornings from 10:30-11:30 in the Gym. This program is a donation only program, donations will be used to continue to provide a light snack, craft and age appropriate toys.

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. Next Meeting Date: September 25th and October 23rd

Teddy Bear Picnic

Bring your lunch and blanket along with your favorite stuffed friend. Listen to stories about bears and other animals on adventures. This event is scheduled to be held outside, if it rains it will be moved indoors to the South Windsor Community Center. Date/Time: Tuesday, September 18th 2018 from 11:00-12:00pm.

Single Moms Success Workshop

This workshop provides single moms an opportunity for enhancing personal growth, self-confidence and sensitivity towards others by offering an environment of support, friendship, and exchange of parenting techniques. Topics will include, stress management, money crunch and budgeting, communication and how to communicate with your ex-partner that focuses on your child's needs, understanding children's behavior and enforcing rules with appropriate consequences are just a few of the topics that will be discussed. Come and join the conversation!

Eligibility: A single mother to one or more children, single due to death, divorce, separated or never being married. Neither custody nor age or your child or children is a factor of eligibility.

Program Dates: 10/18, 10/25, 11/1, 11/8, and 11/15 from 6:00-7:30.

If needed, childcare will be provided for children ages 5 years and older. If childcare is needed, please notify Kelly or Penny by 10/15. RSVP by 10/15 to Kelly or Penny at 860-648-6361 X320 or X314

EAT DINNER WITH YOUR CHILDREN on Family Day!

There is power in the “family dinner” . Research shows that regular family dinners can help to decrease chances of youth alcohol and substance use.

Thursday, September 27th from 5:30pm to 7:30pm

\$12 FOR YOUR ENTIRE FAMILY to enjoy some salad, bread and pasta & dessert.

A fun family craft will follow dinner

You don't have to cook or clean. Just come and be with your family!

TO register, please go to Eventbrite.com and search South Windsor Youth & Family Services

South Windsor Teen Center Youth Council is looking for a few new members!

Our Youth Council is a group of dedicated, creative and hard working high school students who work towards making the South Windsor Community the best that is can be,

From planning events and programs in the Teen Center to volunteering at a Senior Center event.

Call or email Liane to sign up!

First meeting is Thursday, September 20th at 4:30pm



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

SAFE. SUPERVISED. SUBSTANCE FREE.

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

SEPTEMBER EVENTS

- September 14

**WELCOME BACK
CELEBRATION!**

- September 21

OUTDOOR GAMES

- September 28

PING PONG TOURNAMENT

OCTOBER EVENTS

- October 5

KIDS CHOICE- share ideas!

- October 12

GAME NIGHT CHALLENGE

- October 19

MOVIE NIGHT!

- October 26

**HALLOWEEN FUN -Feel free to
come in costume!**

To register or for more information 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:**

Sarah Soboleski, LCSW

SCHOOL OUTREACH CORNER...

Jump Start Tutoring

Information on high school students become tutors for middle school students will be out soon. High School students spend time each week with students at TEMS to help with homework and study. This is a once a week commitment.

SADD

Students Against Destructive Decisions (SADD) will hold the first of the year meeting at SWHS on Wednesday, 9/26 at 7am before school in the media center. All are welcome

For more information on the above, please contact Kathy Reed at kreed@swindsor.k12.ct.us

PIZZA, PRIZES & GIVEAWAYS!

SWHS Students! Join us for a fun & FREE

Back To School Celebration at the
SW Teen Center!



**Wednesday, September 26,
2018 at 2:30PM**



until late bus pick up.

The Teen Center is located directly across the street from the high school in the Community Center.

Our teen center is safe, supervised and substance free.

High School hours are Monday, Wednesday & Thursday from 2pm until late bus pick up.

For more information, contact Liane Lussier Smith at 860-648-6360 or liane.lussiersmith@southwindsor.org

