

Old Saybrook Youth & Family Services

NOVEMBER 2017



ONGOING IN-SCHOOL PROGRAMS

OSYFS is active during school hours, providing support, counseling, and enriching activities for students at each of Old Saybrook's schools.

Lunch Bunches

OSMS & Goodwin during lunch
Weekly groups meet to have fun together and learn some important skills.

Drop-In

OSHS, Tuesdays & Fridays, 11:20-1:20
A fun, safe, and chill space to talk over lunch, to get help, or just hang with friends.

Open Space

OSHS, 3rd Thursday, X-block, Room 211
Monthly multimedia discussion of pertinent topics to teenagers.

Chill Group

OSHS, Fridays, X-block
Provides a fun, relaxing space for students to create coping tools and learn mindfulness.

ESSENTIAL LIFE SKILLS FOR TEENS

Each month, this new program will offer information and practical skill-building to increase competency and confidence in important foundational life skills. A different class is offered every month, and all classes are taught by expert professionals from our community.

Life Skills Classes Offered: Car Maintenance, Financial Literacy, Employment Skills, Emergency Safety, Problem Solving, Budget Cooking, Household Maintenance, Health & Wellness, and Citizenship.

November Topic: EMPLOYMENT SKILLS

Date: November 13 **Time:** 7:00pm-8:30pm

For: Shoreline Teenagers & Young Adults, Parents Welcome to Attend

Place: Old Saybrook High School Library

Presenters: SCORE human resource and business professionals

To RSVP, call: 860-395-3190

HOLIDAY ASSISTANCE

OSPD Give the Cops the Bird Campaign:

Donate turkeys & holiday foods to residents in need this holiday season
Saturday 11/18 & Sunday 11/19, Stop & Shop, 9am-5pm

Turkey & Holiday Food Distribution:

OSPD & OSYFS will be distributing turkeys and holiday food donations

36 Lynde Street, OSPD Headquarters

Tuesday, November 20th from 2:00-6:00 pm

Wednesday, November 21st from 2:00-6:00 pm

Holiday Giving Program:

If you would like to donate to the Holiday Giving Program, please contact:
Wendy Mill, Program Coordinator, OSYFS, 322 Main Street, 860-510-5050

If you would like to receive gifts, toys, and/or clothing for your child this year, please contact:

Susan Consoli, LPC, Social Services Coordinator, OSYFS, 860-395-3188

Distribution of holiday gifts: OS Firehouse on Wednesday, 12/20

Social Service Help Days:

Dec. 4th, 9am-3pm, Food Truck 12pm-1pm, at Clinton Social Services

Dec. 28th, 9am-3pm, Food Truck 1:30pm-2:30pm at Grace Church in OS.

Holiday Dinners with Shoreline Soup Kitchens and Pantries:

Grace Episcopal Church, 336 Main Street, Old Saybrook

Thanksgiving Dinner - November 23rd at 1:00 pm

Holiday Dinner - December 25th at 1:00 pm

Important Upcoming Dates:

- 11/02 YAC Meeting, 6-8pm, Pavilion
- 11/09 JAC Meeting, 5-7pm, Pavilion
- 11/09 Asperger's/HFA Parent/Grandparent Group: Holiday Challenges 12:30 & 5:30
- 11/10 Closed for Veteran's Day
- 11/13 Essential Life Skills for Teens: Employment Skills, 7-8:30pm, OSHS Library
- 11/14 Youth & Family Services Commission, 5:45
- 11/16 YAC Meeting, 6-8pm, Pavilion
- 11/16 H.E.A.T. Spaghetti Dinner, 4-6:30pm, Fireman's Field, \$10 helps residents in need
- 11/16 Sticker Shock Campaign
- 11/18 One Book One Town Family Literacy Event, "Idea Celebration", 11am-1pm, Town Green
- 11/18 OSPD Give the Cops the Bird Campaign, 9am-5pm, Stop & Shop
- 11/19 OSPD Give the Cops the Bird Campaign, 9am-5pm, Stop & Shop
- 11/20 Turkey Pick Up, 2-6pm, 36 Lynde Street, OSPD Headquarters
- 11/21 Turkey Pick Up, 2-6pm, 36 Lynde Street, OSPD Headquarters
- 11/23 Shoreline Soup Kitchens Thanksgiving Dinner, 1pm, Grace Episcopal Church, 336 Main St.
- 11/23-11/24 Closed for Thanksgiving Holiday
- 12/11 Essential Life Skills for Teens: Healthy, Budget-Friendly Cooking, 7-8:30, Stop & Shop
- 12/18 Essential Life Skills for Teens: Safety & Emergencies, 7-8:30, Location TBA

Please call our office for details or to RSVP: 860-395-3190



Old Saybrook Youth & Family Services



Old Saybrook Youth and Family Services represents the Town's commitment to promoting the positive and healthy wellbeing of all members of the community.

Please contact our office with any questions you might have about our programs or to make an appointment.

OSYFS
322 Main Street
Old Saybrook
860-395-3190

One Book/One Town Family Literacy Event

From the Old Saybrook Early Childhood Council

One Book/One Town creates an opportunity for the families of Old Saybrook to read a chosen book during a specific week and start a conversation about how change occurs within our community as well as how to value ideas.

Students in daycare, pre-schools, and Goodwin Elementary School will read the book the week of November 13-17, 2017

Final Family Event: Ideas Celebration

Share ideas, Join in the Idea Parade, and Have Fun!

Saturday Nov. 18th

11:00am-1:00pm at the Town Green

