#### 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.

# Old Saybrook Youth & Family Services

## NOVEMBER 2017

## **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 13Time: 7:00pm-8:30pmFor: Shoreline Teenagers & Young Adults, Parents Welcome to AttendPlace: Old Saybrook High School LibraryPresenters: SCORE human resource and business professionalsTo 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 Challenges12:30 & 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

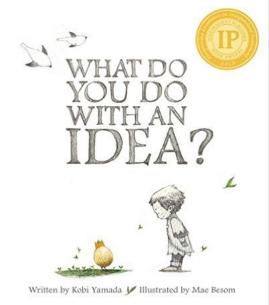


## Old Saybrook Youth & Family Services

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