

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 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.

Zen Time

Offered at Goodwin during lunch
Provides a fun, relaxing space for students to create coping tools and learn mindfulness.

Old Saybrook Youth & Family Services MARCH NEWSLETTER 2018

Essential Life Skills for Teens: Car Maintenance

Hands-on, practical experience, as well as a general overview of car maintenance and ownership considerations. Students will learn from experienced auto technicians in four revolving stations: Tires, Fluids, Wipers, & Battery. Call OSYFS to Register: 860-395-3190.

Date: Monday, March 5 **Time:** 7 - 8:15pm **Cost:** Optional \$5 Donation

Location: Cardone & Daughter, 4 Custom Drive in O.S.

Who: Shoreline High School Students. Parents are welcome to observe.

Registration, Signed Release & Permission Slip Required.

Celebrating Failure: Free Parent Workshop

Brought to you by Old Saybrook Early Childhood Council

How Every Stumble Leads Your Child One Step Closer to Success.

Learn effective strategies and activities to aid children in building resiliency.

Guest Speakers: Alicia Farrell, PhD & Heston Sutman, Principal at Goodwin Elementary School **RSVP to Jodi Kelly @ OSYFS: 860-395-3190**

Date: Tuesday, March 6 **Time:** 5:30 - 7:00pm

Location: Goodwin Elementary School **Babysitting Provided On Site.**

Community Discussion: Search Survey Results

What are Old Saybrook students saying? HS students in gr. 9-12 took a survey in November that measures a variety of internal and external qualities and characteristics. These include, whether they feel valued by the community, hopeful about their future, positive about themselves, as well as any areas of concern they may have around substance abuse, safety, and academic performance.

Please join us for an overview of the survey data, as well as an opportunity to ask our student panel some questions! They are eager to share their thoughts with you! Please reg. by calling OSYFS 860-395-3190

Date: Monday, March 19 **Time:** 6:30-8pm

Location: Old Saybrook Middle School

CAN WE TALK? Healthy Relationships

Talking to Our Kids About Healthy vs. Abusive Relationships

We will provide information and skills to help you talk to your kids about healthy relationships, abusive behavior, warning signs, and assertive communication.

Call OSYFS to Register: 860-395-3190

Date: Monday, March 26, 2018 **Time:** 6:45 - 8:00pm

Location: Old Saybrook Youth and Family Services

Who: Open to all shoreline parents/guardians. Adults Only.

Important Upcoming Dates:

03/01 Joint JAC/YAC Meeting- JAC 5:30-7pm, YAC 6-8pm, Vicki Duffy Pavilion
03/05 Essential Life Skills for Teens: Car Maintenance, 7-8:15pm, Cardone & Daughter
03/06 Celebrating Failure: EEC Parent Workshop, 5:30-7pm, Goodwin Elementary School
03/08 Asperger's/HFA Parent Support Group: PPTs & IEPs—Communicating Your Child's Needs
03/08 YAC Leadership Luncheon
03/15 YAC Meeting, 6-8pm, Vicki Duffy Pavilion at Saybrook Point
03/19 Community Discussion: Search Survey Results, 6:30-8pm, OSMS
03/21 Freshman Retreat Revisited, OSHS
03/21 Essential Life Skills for Teens: X-Block OSHS Culinary Class with Lindsay More
03/22 Social Service Help Day, 9am-3pm, Diaper Distribution, Food Truck, 1:30-2:30pm
03/26 Can We Talk? Teaching Our Kids About Healthy Relationships, 6:45-8pm, OSYFS
03/26 OSYFS-OSMS After School Clubs Begin!



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.

Services available include: counseling, advocacy, support groups, parent education, after school clubs, summer camps, resiliency and skill-building, youth empowerment, socialization groups, community events, and referral services.

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

Old Saybrook: A Compassionate & Caring Community

Old Saybrook Department of Police Services: 860-395-3142

Old Saybrook Youth and Family Services: 860-395-3190

Hotlines & Supports:

National Suicide Prevention Lifeline: 800-273-TALK (8255)

Emergency Mobile Psychiatric Services (EMPS) 24/7 Hotline: 860-344-2100 or 211

Trevor Lifeline LGBTQI 24/7 Hotline: 866) 488-7386 or TheTrevorProject.org

Sexual Assault Crisis 24/7 Hotline: 888-999-5545 (English) / 888-568-8332 (Espanol)

Middlesex Hospital Crisis Assessment & Triage Service: 860-358-6496

Common Thread Warmline, 5-10pm: 800-316-9145

CT Coalition Against Domestic Violence: 888-774-2900 (English) / 844-831-9200 (Español)

Teen Dating Violence - Love is Respect Helpline : 866-331-9474

CT Sexual Assault Crisis Services Hotline: 888-999-5545

Domestic Violence Crisis Center 24/7 Hotline: 1-888-774-2900.