



Old Saybrook Youth & Family Services MAY NEWSLETTER 2018

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.

19th Annual Community Variety Show

May the Fourth be with you...

Come check out Old Saybrook's rising stars as they hit the stage!

Date: Friday, May 4th **Time:** 6:30 pm **Location:** OSHS

Tickets are available in advance at YFS and at the door:

\$10.00 Adults \$5.00 Seniors \$5.00 Students

Can We Talk: Too Much, Too Soon

An open, honest discussion around how to parent in the age of online pornography. The average first exposure to pornography is eleven years old, and communication with our youth will be essential to keeping them safe and healthy. Family therapist Jill Whitney will give you tips and skills to help you with these difficult conversations.

Date: Monday, 5/7/18 **Time:** 6:45-8 pm **Location:** OSYFS

To Register: 860-395-3190 - Contact Samantha Steinmacher for details.

Essential Life Skills for Teens: Household Management

An introduction to the routines and basic care that will support our youth's independence, comfort, health, and success: laundry, ironing, and cleaning routines. Class takes place at a Post & Main Model Apartment.

Date: Wednesday, May 9 **Time:** 6:30 - 8:15pm **Cost:** Optional \$5 Donation

Meet Up/Pick Up: Post & Main **Who:** Shoreline High School Students

Limited Space,. Registration Required. Contact Sam Steinmacher for details.

Can We Talk: Vaping

How do you talk with your children about vaping? How can parents identify the vaping equipment? This will be an informative presentation and discussion about the health risks, availability, and concerns related to vaping. Presented by Heather McNeil, LMFT, LADC & OSHS student members of the Governor's Prevention Partnership.

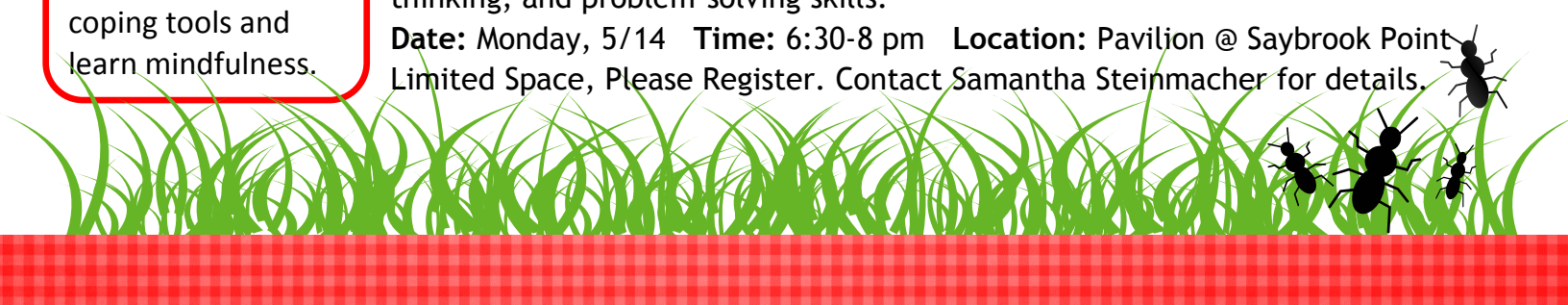
Date: May 14th **Time:** 6:30-8 pm **Location:** OSMS

GRIT: A Resilience Building Workshop for Middle School

During this unique and challenging workshop, Alicia Farrell, PhD will introduce middle school students to concepts of assertiveness, critical thinking, and problem-solving skills.

Date: Monday, 5/14 **Time:** 6:30-8 pm **Location:** Pavilion @ Saybrook Point

Limited Space, Please Register. Contact Samantha Steinmacher for details.



Important Upcoming Dates:

05/03 Joint JAC/YAC Meeting- JAC 5:30-7pm, YAC 6-8pm, Vicki Duffy Pavilion at Saybrook Point
05/04 Community Variety Show, 6:30pm, OSHS
05/04 Half-Day Adventure: Laser Tag, OSMS students (previous registration required)
05/05 Little Free Library Launch (Early Childhood Council), 10 am, Town Beach
05/09 Essential Life Skills for Teens: Household Management, 6:45-8:15pm, Post & Main
05/10 Asperger's/HFA Parent Support Group: Teens & Young Adults; Developmental Needs
05/12 Red Cross Babysitting Course, 9 am - 4 pm, Pavilion (Registration Required)
05/14 Can We Talk: Vaping, 6:30-8 pm, OSMS
05/14 Grit Workshop for Middle Schoolers, 6:30-8, Pavilion
05/15 Wilderness Challenge Info Orientation, 6:30 pm
05/16 Summer Stock Introductory Meeting, 2:35-4 pm, OSMS
05/17 Shoreline Job Fair, 10:30-2:30 pm, 60 Boston Post Road, OS
05/17 YAC Meeting, 6-8pm, Vicki Duffy Pavilion at Saybrook Point
05/19 YAC Car Wash
05/24 Social Service Help Day, 9am-3pm, Food Truck, 1:30-2:30, Garden, Jobs & Medical Info
05/31 YAC Year-End Picnic

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



Old Saybrook Youth & Family Services

322 Main Street, Old Saybrook 860-395-3190

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

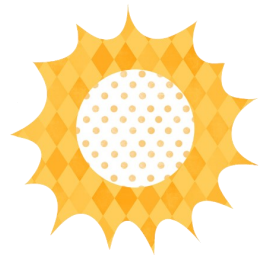
Services available include: counseling, advocacy, support groups, parent education, after school clubs, summer camps, resiliency and skill-building, youth empowerment, socialization groups, community events, and referral services.

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

REGISTRATION OPEN FOR SUMMER CAMPS

Don't forget to sign up for our amazing offerings this summer:

Summer Stock, Community Service Camps, Chill Group & More!



Little Free Library at Town Beach!

