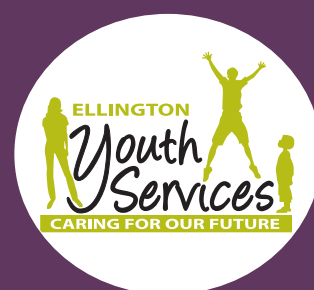


# Town of Ellington Parks and Recreation & Youth Services



## Winter & Spring 2020



### What's Inside:

Spirit Kindness Club  
Music and Movement  
Playgroups  
Youth Sports  
Babysitting Course

Art Programs  
Leadership Programs  
Spring Soccer  
Adult Programs  
Adult Workshops



Our Missions!

Ellington Youth Services and Parks and Recreation have combined our newsletters to make it convenient for community members to register and participate.



The Ellington Parks and Recreation

Commission and recreation staff continue to make a concentrated effort to provide a cross section of quality programming on a year-round basis. An earnest effort has been made to create and offer programs, both on a passive

and non-passive basis, for all age groups within the community. Additional special events and “creative” programming continue to be of interest to the residents of the community, providing department staff with the opportunity to plan and implement family oriented activities too.

The department is staffed by two full-time recreation professionals, one of which also serves as the director of waterfront. Part time positions (generated by revenue) include athletic officials, special skills instructors, lifeguards, day camp counselors, and program supervisors. The Ellington Recreation Department could not function without our many volunteers, we are honored to work with over 350 community volunteers on an annual basis.



Ellington Youth Services has been in existence for over 20 years. Our mission is to provide programs and services that help Ellington youth connect to their families, schools, peers and community.

The staff of Youth Services is here to support and assist children from birth to 18 years old through many life transitions. We provide programs that strengthen and develop essential life skills needed to succeed in many challenges facing the youth of today.

**Counseling:** Youth Services is committed to developing a counseling relationship based on mutual respect, and to create a warm and trusting environment in which to facilitate the counseling process. Youth and families are active participants in the process and work as a team with the therapist in working towards their goals.

Our Staff

Ellington Youth Services

Director, Diane Lasher-Penti LMFT  
[dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov)

Assistant Director, Kristen Harp  
[kharp@ellington-ct.gov](mailto:kharp@ellington-ct.gov)

Program Coordinator, Kayla Condrón  
[kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov)

Parent Educator/Therapist, Jane Roets  
[jroets@ellington-ct.gov](mailto:jroets@ellington-ct.gov)

Parks and Recreation

Director, Dustin Huguenin  
[dhuguenin@ellington-ct.gov](mailto:dhuguenin@ellington-ct.gov)

Assistant Director, Mary M. Bartley  
[mbartley@ellington-ct.gov](mailto:mbartley@ellington-ct.gov)

Administrative Assistant, Tina Modzelewski  
[tmodzelewski@ellington-ct.gov](mailto:tmodzelewski@ellington-ct.gov)

About Us

Youth Services & Parks and Recreation  
Address: 31 Arbor Way, P.O. Box 187  
Ellington, CT 06029

Office Hours: Monday 8:30 am-6:00 pm  
Tuesday- Thursday 8:30 am-4:00 pm  
Friday 8:30 am-1:30 pm

Youth Services

Phone: (860)-870-3130  
Website: [youth.ellington-ct.gov](http://youth.ellington-ct.gov)



Parks and Rec

Phone: (860)-870-3118  
Website: [parkrec.ellington-ct.gov](http://parkrec.ellington-ct.gov)  
Fax: (860)-870-3198



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# HOW TO REGISTER

Unless indicated otherwise, all recreation and youth services programming is available to register through our Activenet online program. To do this please follow these steps:

## STEP 1

- Go to [apm.activecommunities.com/ellingtonrec](http://apm.activecommunities.com/ellingtonrec)
- Select sign in if you have already have an existing account
- Or select create an account to set one up

You will need an e-mail address, password, and dates of birth to set up your account.

## STEP 2

If you are signing up a child or family member for a program you need to add them to your existing account. Make sure that they have an email in there account for notifications and then proceed to sign them up. To do this you can either:

- Add them when you are creating your own account
- or
- Click on "My Account"
- Under Personal Information click on "Change Information about Family/Friends"
- Then click "Add new family member/friend" and proceed to fill out the information

## STEP 3

- Search the program name in the search bar
- Find the correct program and click "add to cart"
- Add all the programs you wish to register for and then proceed to check out.

### Payment

Registration is not considered valid until the program fee is paid. We accept cash, checks, American Express, Visa, MasterCard and Discover Card.

### Scholarship Programs

If a need arises, please make a confidential inquiry. For recreation programming contact the director Dustin Huguenin at [dhuguenin@ellington-ct.gov](mailto:dhuguenin@ellington-ct.gov). For youth services programming contact the director Diane Lasher-Penti at [dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov).

### ADA

The Town of Ellington does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in provision of programs and services. If you or a family member need special assistance, please make us aware of your needs at the time of registration.

You can also register in our office during regular office hours. In-office registration allows you to pay cash, check, or charge with no convenience fee\* being applied to your credit card.

\*There is a convenience fee applied to your credit card when registering online.

We reserve the right to limit class size and to cancel classes that do not meet minimum requirements.

If you have any questions or problems with registration please contact Mary Bartley, Recreation Assistant Director at [mbartley@ellington-ct.gov](mailto:mbartley@ellington-ct.gov).



Throughout this brochure there will be a mix of Recreation and Youth Services programming. There will be an icon next to the heading of the program to differentiate.

Recreation **R**

Youth Services **YS**

### Inclement Weather

In the event of inclement weather, the Parks and Recreation Department will list program cancellations on television. Tune in to Channels 3, 30, and 8 to check if there is a cancellation. Cancellations will be listed under "Ellington Recreation Department". We will also do our best to post weather related announcements on our website and Facebook page.

# Spirit Kindness Club

## Spirit Kindness Club **YS**

Everyone fits in here! A place for school-age children of all abilities, including children with special needs to enjoy fun activities and meet new people. These nights are themed based with open and non-competitive activities to choose from, for a fun night. Where all children from all abilities learn to play, to interact and socialize with each other. We will have an area for parents to relax, unwind, and, connect with other parents to get a small break (if they want too). We are also looking for adult or older students to volunteer to help role model for everyone and have great fun.

Third Tuesday of every month  
6:00-7:00 pm  
Ellington Middle School

January 21 – Life Sized Board Games  
February 25 – Music and Movement, DIY instruments  
March 17 – Theater Games  
April 21 – Crafts  
May 19 – Garden Night, DIY plants

If parents are interested, a parent leader will be organizing fun outings once a month for families to participate. If interested in these outings please email or follow us on social media.





# TODDLER & PRESCHOOL



## Happy Moments PLAYGROUP <sup>YS</sup>

Join us for socialization, arts & crafts, stories, snack, discovery and networking with other parents of toddlers & preschoolers ages 6 months to age 4. Learning centers, and various hands on activities are planned each week to ensure that children are engaged & having fun. Parent participation is required! \*NO CLASS April 8 & 10\*

Wednesdays

Winter Session 1: January 8 – February 19

Winter Session 2: February 26 – April 15

Spring Session: April 22 – June 3

Fridays

Winter Session 1: January 10 – February 21

Winter Session 2: February 28 – April 17

Spring Session: April 24 – June 5

9:00-10:00 am

Location: Old Crystal Lake School House

\$28 residents per session

\$33 non residents per session



## Music and Movement for Tots <sup>R</sup>

(adult participation is required)

Come sing, dance, play and move to the beat.

This stimulating program will introduce children to a variety of music and instruments. Instructor Jill Maznicki will lead the class in finger plays, songs, bounces, as well as developmentally appropriate group activities. (8 classes per session)

Wednesdays

Session 1: January 8 – February 26 (make up classes March 4, 11)

Spring Session 1: March 25 – May 20 (make up class May 27)

Thursdays

Winter Session 2: January 9 – February 27 (make up classes March 5, 12)

Spring Session 2: March 26 – May 21 (make up class May 28)

AGES 1-3

10:15 – 11:00 am

Hall Memorial Library

\$75 Residents

\$80 Non-Residents

## Happy Moments PLAYTIME <sup>YS</sup>

Is your child ready for some playtime with their friends while building confidence and independence? Then try our drop-off playgroup. This group is for ages 2 through age 4. Arts & crafts, circle time, snack and lots of imaginative play are part of the fun. \*NO CLASS April 9\*

Thursdays

Winter Session: January 9 – February 20

Winter Session: February 27 – April 16

Spring Mini Session: April 23 – June 4

9:00 – 10:30 am

Location: Old Crystal Lake School House

\$42 residents per session

\$47 non residents per session



## Mommy & Me Tennis <sup>R</sup>

Both mom and child will be introduced to the game of tennis while having fun and sharpening coordination skills using foam balls and right-sized racquets in a program designed by the United States Tennis Association (USTA) and the Friends of Ellington Tennis (FOET). All equipment will be provided by the FOET.

Hall Memorial Library, Upstairs Meeting Room

3-Year Old Class, 11:15 a.m. to 12:00

Session A: 1/8/20, 1/15/20, 1/22/20, 1/29/20

(Make-up session for inclement weather is 2/5/20)

Session B: 2/12/20, 2/19/20, 2/26/20, 3/4/20

(Make-up session for inclement weather is 3/11/20)

4-Year Old Class, 12:30 p.m. to 1:15 p.m.

Session A: 1/8/20, 1/15/20, 1/22/20, 1/29/20

(Make-up session for inclement weather is 2/5/20)

Session B: 2/12/20, 2/19/20, 2/26/20, 3/4/20

(Make-up session for inclement weather is 3/11/20)

There should be a maximum of 2 children per adult. Minimum class size is 2 families (4 people). Maximum class size is 15 people total.

Cost is \$40 per family per session. For an additional child, cost is an extra \$15 (\$55 total for the family).





# YOUTH & TEENS

## Youth Programs YS

### Safe At Home Course

This program is designed for students in **grades 4-6** to prepare them to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.  
\*Non-Residents call the office at 860-870-3130 to be placed on a wait list if space is available.

Thursday, February 6th  
6:00-7:30 pm  
\$25.00  
31 Arbor Way

Thursday, March 19th  
2:30-4:00 pm (Students K-6 have a half day of school)  
\$25.00  
31 Arbor Way



Safe@Home by Safe Sitter® is a 90-minute class designed to prepare students in grades 4-6 to be safe when they're home alone.



### Safe Sitter Babysitting Course

Safe Sitter essentials with CPR is a 1-day class designed to prepare students in **grades 6-8** to be safe when they're home alone, watching younger siblings, or babysitting. This class is filled with fun games and role-playing exercises teaching safety skills, child care skills, first aid & rescue skills, and life & business skills. Students need to bring a snack, lunch, and water bottle with them. \*Non-Residents call the office at 860-870-3130 to be placed on a wait list if space is available.

Monday, December 30th  
9:00 am – 3:30 pm  
\$50.00  
31 Arbor Way

Tuesday, February 18th (students have no school)  
9:00 am – 3:30 pm  
\$50.00  
31 Arbor Way



Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger brothers or sisters, or babysitting.



### 1-2-3 Learning About Me

This 8 week program is for kindergarteners to learn skills on handling and expressing emotion in fun creative ways.

Kindergarten  
6:00 – 7:00pm  
Mondays  
March 2, 9, 16, 23, 30  
April 13, 20, 27 (No class April 6th)  
\$30



### Crafty Nights

These two session weekly craft nights will be filled with creativity and fun! All supplies will be supplied.

Grades K-2  
6:00-7:00 pm  
Session 1: Mondays – \$15  
February 3, 10, 24 (no class 17)  
Session 2: Tuesdays – \$20  
March 3, 10, 24, 31 (no class 17)



### My Feelings and Me

Based on the series "A Little Spot of (emotion)" Each week we will read a different book that focuses on a particular emotion and the connections between all of our emotions. We will have fun interactive activities while we learn.

Grades 2-3  
6:00-7:00 pm  
Wednesdays  
March 25; April 1, 15, 22, 29; May 6, 13, 20  
(No class April 8th)  
\$30



### Discover Art

This is a 6 week art program open for all skill levels! We will explore all different mediums of art including sketching, painting, pastels, and more!

Grades 3-4  
6:00 – 7:00 pm  
Wednesdays  
January 8 – February 12  
\$25



### Leadership Challenge

This 6 week program is to connect youth to community role models. Each night will have interactive, fun activities that focus on the foundations of leadership

Grades 3-4  
EMS Cafeteria  
Thursdays  
February 13, 20, 27  
March 5, 12, 19  
6:00-7:00 pm  
\$25



### Peer Leadership

This is a 6 week program to create connections and enhance relationship skills to promote peer acceptance.

Grades 5-6  
EMS Cafeteria  
Wednesdays  
February 5, 12, 19, 26  
March 4, 11  
6:00-7:00 pm  
\$25





# YOUTH & TEENS

## Youth Sports <sup>R</sup>

### 2020 Recreation Department T-Ball Program

Participants must provide their own glove. Please label your child's glove with his or her name. The program will cover the fundamentals of baseball and softball (throwing, catching, fielding, batting, base running, positions and rules).

No wood or metal bats are allowed in this program

Boys & Girls Ages 4-5 years (before 12/31/2019)  
Saturday mornings: 10:00 – 11:00 am  
May 2, 9, 16, 30, June 6 (rain date June 13 if needed)  
Ellington High School (fields located behind the school)  
Registration begins February 10  
Cost: \$25 per player (includes T-shirt)  
Registration deadline: April 24  
ID Code: 1220.tbball20

### Indoor Youth Tennis Lessons

Instructor: Gary Marquez  
Mondays, February 24, March 2, 9, 16  
Crystal Lake School  
Tiny Tot – Ages 4 & 5 year olds, 5:30 – 6:00 pm  
Pee Wee – Ages 6 & 7 year olds, 6:15 – 7:00 pm  
Youth – Ages 8-13 years old, 7:00 – 8:00 pm  
See website for fees.

### YOUTH TRACK & FIELD - GRADES 1 TO 8

Running, fresh air, running, outdoor games, running, forest treks, running and track & field meets add up to a whole lot of fun and, of course, running! Ellington's unique outdoor whatever-the-weather-program lets your school-age child learn about health and exercise, hydration and nutrition, stretching, strength and endurance, competition and teamwork, and respect for each other and for our environment. We gather together twice a week at Ellington High School and other designated sites for lots of well-supervised jogging, sprinting, trail running, occasional races with other towns, and lots of outdoor games....rain or shine! Parents, how about volunteering your time and joining your child on our runs through forest trails and around the track? Now that's quality time with your son or daughter!  
If you're interested in helping with the program e-mail: [mbartley@ellington-ct.gov](mailto:mbartley@ellington-ct.gov)

Dates: April 15 – June 13, 2020  
Wednesdays: 5:30-7:00 pm  
Saturdays: 9:00-10:00 am  
Code: 1220.track20  
Fee: Resident: \$25/Non-Resident: \$30 (includes T-shirt)  
Deadline for Registration: April 10, 2020

### 2019-20 Hunter K. Giroux Memorial Basketball Tournament

To be held in January on Martin Luther King Jr holiday weekend. Check the Special Activities page on our website for additional information at [parkrec.ellington-ct.gov](http://parkrec.ellington-ct.gov). 8th Grade Boys Basketball Tournament Teams from throughout the region are expected to participate.  
Location: Ellington Middle School, 46 Middle Butcher Road, Concessions will be available. Businesses interested in advertising in the tournament program booklet, please contact Dustin Huguenin at (860) 870-3118 or [dhuenin@ellington-ct.gov](mailto:dhuenin@ellington-ct.gov). All proceeds will benefit Ellington Recreation Programming.



### Jukido

Ages 6 years and up, all skill levels welcome.  
Instructor: Paul Ward  
Mondays, January 6, 13, 27, Feb. 3, 10, 24  
Time: 6:00 – 7:00 pm, Center School  
Fee: \$42 for 6 class session  
ID Code: 2019.JUKW19S3

Mondays, March 2, 9, 16, 30, April 13, 20  
Time: 6:00 – 7:00 pm, Center School  
Fee: \$42 for 6 class session  
ID Code: 2020.JUKW20S1

Mondays, April 27; May 4, 11, 18  
Time: 6:00 – 7:00 pm, Center School  
Fee: \$28 for 4 class session  
ID Code: 2020.JUKS20S2

### 2020 In-House Spring Soccer Program

Co-ed Ages 4-8 years old  
Due to the growing number of children interested in the sport of soccer volunteer coaches are needed for this program. If you are interested in volunteering please contact Dustin Huguenin, Recreation Director at [dhuguenin@ellington-ct.gov](mailto:dhuguenin@ellington-ct.gov). The quantity of volunteers will determine how many children will be accepted into this program.

Ages 4 & 5 years old  
Mondays, April 20, 27, May 4, 11, 18 (June 1 make-up date)  
Ages 6-8 years old  
Wednesdays, April 22, 29, May 6, 13, 20 (May 27 make-up date)  
Time: 5:30 – 6:45 pm, Ellington Middle School  
Fee: \$40, Registration Deadline: April 10, 2020

### Introductory Lacrosse Clinic

The Recreation Department offers an introductory clinic to introduce kids in Grades K-2 to lacrosse. Basic fundamentals of throwing, catching, cradling and shooting will be covered. Equipment will be provided.

Grades K-2  
April 18 – May 16, 2020  
Registration Deadline: April 15, 2020  
Location: Pinney Fields  
Cost: \$25 per player  
Code: InstLax.2020

### Girls & Boys Spring Lacrosse Outdoor Program

The Recreation Department will be offering Spring Travel Teams for grades 1st through 8th. Registration must be received by January 31, 2020 so that the number of teams and roster size can be determined. Check website for details.

March 22 to June 14, 2020

Coaching Positions: Those individuals interested in applying for coaching positions must do so by January 25, 2020. Questions, please email Dustin Huguenin, recreation director, at [dhuguenin@ellington-ct.gov](mailto:dhuguenin@ellington-ct.gov).





# YOUTH & TEENS

## 2020 Spring Outdoor Youth Soccer – Fee: \$40 (U8-U15)

The Recreation Department will offer an Outdoor Soccer Program for boys and girls based on current CT Junior Soccer Association age/birth date guidelines (see chart below). Based on enrollment and evaluation submittals of the respective coaches, teams may be formed in the following age groups:

U-15 & U-14 Boys and Girls	Full sided (11 vs. 11) or Small sided (6 vs. 6) on the playing field
U-12 Boys and Girls	Small sided (9 vs. 9) or (11 vs. 11) on the playing field
U-11 Boys and Girls	Small sided (9 vs. 9) on the playing field
U-10 & U9 Boys and Girls	Small sided (7 vs. 7) on the playing field
U-8 Boys and Girls	Small sided (4 vs. 4) on the playing field

Placement will be determined by skill level, age compatibility and available roster space. The Recreation Department will make the final determination regarding a players' placement to a respective age level; a player may attend evaluation clinics at an age group higher than his/her current age, but cannot attend an evaluation clinic at a lower age division. The deadline for players to register in order to RETAIN his/her FALL 2019 roster placement is APRIL 10, 2020. Registration forms received after that date will be placed in the "as available" file until final registrations/two evaluations have been completed. It is important to note that the Spring 2020 Season could bring about new age groups and/or placements based on "actual enrollment" as of April 10, 2020. Since Spring Soccer is considered an off-season sport, roster size and team alignment may be adjusted in order to provide a roster placement for all registrants.

IF EVALUATIONS ARE  
NEEDED YOU WILL BE NOTIFIED  
BY EMAIL.

### Travel Team Soccer Age Groups for Seasonal Year – 2019 Fall to 2020 Spring

2010-2011-2012	8, 9, and 10 year olds
2008-2009	11 and 12 year olds
2005-2006-2007	13, 14, and 15 year olds

The current Parks & Recreation Commission policy holds the following provision: Players that are selected to travel soccer teams for the Fall 2019 season in Division 3, 4, or 5 levels, and who register by the defined deadline for spring soccer 2020, are eligible to return to their existing team for spring soccer, provided that particular team is enrolled in the Spring 2020 schedule. Players, where eligible, who wish to receive a rating (spring soccer evaluations) in order to move up a division, must attend a minimum of one spring evaluation (pending if evals are required). Otherwise, to qualify for a fall travel team (at divisional levels of 3 or 4) a player is required to attend a minimum of two evaluation sessions. Players are not allowed to wear jewelry during practices or matches.



# HIGH SCHOOL

## HOPE Alliance



### Hope Alliance <sup>YS</sup>

Our hope is to create a student led club dedicated to mental health conversations that gives teens a platform to share their voice and raise awareness around mental health.

Hope Alliance will be assembling care packages for high school students. If you would like to join Hope Alliance or help assemble these care packages please come to our next meeting on January 16th  
6:00-7:00 pm  
31 Arbor Way.

Contact Kayla at [kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov) with any questions or concerns.

## 4 WHAT'S NEXT™ Because change happens.



### 4 What's Next Program <sup>YS</sup>

4 What's next is a student-driven primary prevention program to help high school students develop positive coping skills and enhance protective factors in preparation for life beyond high school. In an engaging series of interactive learning modules, the program stimulates earnest conversations about building resilience and preparing for the social and emotional transition out of high school.

High School Students: Juniors and Seniors  
January 28th  
February 4th  
February 11th  
7:00 - 8:30 pm  
Facilitator: Diane Lasher-Penti  
Cost: \$15.00



# ADULT PROGRAMS

## Adult Co-ed Badminton (Thursdays) <sup>R</sup>

7:00 – 9:00 pm  
 Windermere School  
 March 12, 26, April 2, 16, 23, 30, May 7, 14, 21  
 \$30 Residents  
 \$35 Non-residents  
 Code: 0116.BDM19

## Adult Pickleball (Tuesdays) <sup>R</sup>

7:00 – 9:00 pm  
 Windermere School  
 March 10, 17, 31, April 14, 21, 28, May 5, 12, 19  
 \$15 Residents  
 \$20 Non-residents  
 Code: Pickle.F19

## Adult Fitness Programs <sup>R</sup>

Ginny's Fitness for Longevity  
 Ages 18 and up  
 Mondays & Wednesdays  
 6:00 – 7:15 pm  
 Center School  
 Fee: \$40 Prepaid Punch Cards/8 classes available at location site or \$7 walk-in fee.  
 Email: [fitnessforlongevity@gmail.com](mailto:fitnessforlongevity@gmail.com) or call 860-463-3238 for more information.  
 Classes will follow the Ellington Public School Calendar.  
 NO classes on vacation or school cancellation days.

## ZUMBA® <sup>R</sup>

Ages: 16 and up  
 Tuesday & Thursday evenings  
 7:30 – 8:30 pm  
 Ellington Senior Center.  
 Fee: \$40 for a Prepaid Punch Card/8 classes available at location site or \$8 Walk-in fee  
 Classes will follow the Ellington Public School Calendar.  
 NO classes on vacation or school cancellation days.



## Monthly Parent Education Opportunities <sup>YS</sup>



PEACE ON EARTH BEGINS WITH  
**PEACE AT HOME**

### Parenting Children with Special Needs: Anxiety, ADHD and Autism (All ages)

Date: January 27  
 6:00–7:30 pm  
 Presenter: Peaceful Parenting at Home  
 To register please email [jroets@ellington-ct.gov](mailto:jroets@ellington-ct.gov)

### Positive Discipline for Toddlers and Preschoolers

March (date tbd, please check website)  
 6:00–7:30 pm  
 Presenter: Peaceful Parenting at Home  
 To register please email [jroets@ellington-ct.gov](mailto:jroets@ellington-ct.gov)

### Understanding and Redefining Challenging Behavior in Children

February 26  
 6:00–7:30 pm  
 Ellington High School Auditorium  
 Presenter: Peg Oliveira, PhD  
 To register please email [jroets@ellington-ct.gov](mailto:jroets@ellington-ct.gov)

### Be Your Child's Emotions Coach

April 30  
 6:00–7:30 pm  
 Ellington Senior Center  
 Presenter: Peaceful Parenting at Home  
 To register please email [jroets@ellington-ct.gov](mailto:jroets@ellington-ct.gov)

## Community Awareness Workshop Series <sup>YS</sup>

### Social Media: Finding the Balance in Today's World

February (date and time tbd please check our website)  
 Ellington Middle School  
 Movie and Discussion  
 Bring your whole family  
 To register please email [dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov)

### Okay To Be Me: Supporting the LGBTQ/GNCT Community

April 16  
 6:00–7:30 pm  
 31 Arbor Way  
 To register please email [dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov)  
 Presenter: Nicole Kowal, M.S.





Ellington Youth Services started Rise Above over 10 years ago! This is a community based student leadership group offering high school students the opportunity to learn and apply leadership skills by hosting a variety of events for the school and community.

Rise Above will be having a combined Small Town Big Talent Art and Variety show this year! They are very excited to showcase the wide variety of talent in this community. Please check back to our website and social media for more information.



### Mental Health First Aid

Ellington Youth Services is sponsoring this essential program for community members. Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents,

builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

February 29 (Snow date: March 14th)

8:30 am to 5:00 pm

Lunch will be provided (contact directly if you have dietary restriction or allergies)

Instructor: Susan Graham

\$35.00 (lunch and materials included)

Ellington Senior Center

Open to: 18 and older (if ages 16 - 17 must have parent permission)

To register please email [dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov)



### QPR- Suicide Prevention Gatekeeper Training

QPR stands for Question, Persuade, and Refer - three simple steps that anyone can learn to help

save a life from suicide. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). QPR is a simple educational program that teaches ordinary citizens how to recognize the warning signs of a mental health emergency and how to get a person at risk of suicide the help they need.

January 15

7:00-8:00pm

31 Arbor Way

FREE

To register please email [kharp@ellington-ct.gov](mailto:kharp@ellington-ct.gov)