

Ellington Youth Services

SEASONAL NEWSLETTER



About

ADDRESS:

31 Arbor Way, P.O. Box 187
Ellington CT, 06029

OFFICE HOURS:

Monday: 8:00am-6:30pm
Tuesday - Thursday:
8:00am-4:30pm
Friday: CLOSED

PHONE:

(860)-870-3130

WEBSITE:

youth.ellington-ct.gov



Staff

DIANE LASHER-PENTI, LMFT

Director

dpenti@ellington-ct.gov

KRISTEN HARP

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KAYLA CONDRON

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JESSICA MAITLAND

Program Coordinator

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#EYSCARES

EYS is part of the Town of Ellington's Department of Human Services. Each employee at EYS cares about our children's chance to thrive. Every individual child is given the ability to thrive when we care for their diverse needs, pay attention to their development, and enrich their environment.

Our trained and flexible staff are responsible for reaching all members of the community with their belief in #EYSCares: the modern, abbreviated, and publicized version of Ellington Youth Services' mission.

Each season, our program list is tailored towards both what children are interested in and what parents are looking for.



Programs

Crafty Class

10/4, 10/11, 10/18, 10/25, 11/1
5:30-6:30 PM
GRADES K-2
\$30
ELLINGTON SENIOR CENTER

Kindergarten to 2nd graders will create a craft, chat with friends, and have fun while being creative & crafty! All supplies will be provided.

Discover Art

10/4, 10/11, 10/18, 10/25, 11/1
5:30-6:30 PM
GRADES 3-5
\$30
ELLINGTON SENIOR CENTER

This is a 5 week art program open for all skill levels! We will explore all different mediums of art including drawing, painting, pastels, and more!

American Sign Language

10/5, 10/12, 10/19, 10/26, 11/2, 11/9
4:30-5:30 PM
GRADES 5+
\$30
EYS (31 ARBOR WAY)

Introduction to American Sign Language and Deaf Culture. This 6 week class will introduce participants to the deaf culture, learn fingerspelling and the ASL alphabet as well introduce basic vocabulary and dialogue. Each week will grow upon the skills learned in previous weeks.

1-2-3 Learning About Me

10/6, 10/13, 10/20, 10/27, 11/3, 11/10
5:00-6:00 PM
GRADES K-2
\$40
EYS (31 ARBOR WAY)

This program is for Kindergarten to 2nd graders to learn skill building on handling and expressing feelings in fun creative ways. This will also be an encouraging environment to learn how to make and keep friends.



11/1 & 11/2 (half days at school)
MUST ATTEND BOTH DAYS
2:00-4:00 PM
GRADES 6-8
\$50
EYS (31 ARBOR WAY)

Safe Sitter essentials with CPR is a 2-day class designed to prepare students 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.

CARTOON Class

11/7, 11/14, 11/21, 11/28
5:00-6:00 PM
GRADES 3-6
\$25
EYS (31 ARBOR WAY)

This 4 week cartoon class being taught by a Ellington High Schooler is open for all skill levels! And we will explore all the fun that comes with drawing cartoons!

SAFE @HOME

11/30
2:30-4:00 PM
GRADES 4-6
\$25
EYS (31 ARBOR WAY)

This one day program is designed to prepare students 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. Students are also introduced to a system to help them assess and respond to injuries and illnesses.

ALL PROGRAMS OPEN FOR REGISTRATION ON [ACTIVENET](#)

Pop Up Classes

JEWELRY

Grades 3-6
October 3rd
5:00-6:00
\$5
EYS (31 Arbor Way)

HALLOWEEN TIE DYE

Grades 3-6
October 17th
5:00-6:00
\$10
EYS (31 Arbor Way)

CRAFTY CLASS

Grades K-2
November 16th
5:30-6:30
\$5
EYS (31 Arbor Way)

CRAFTY CLASS

Grades K-2
December 1st
5:30-6:30
\$5
EYS (31 Arbor Way)

CRAFTY CLASS

Grades K-2
December 7th
5:30-6:30
\$5
EYS (31 Arbor Way)

Playgroup



Tuesday Playgroup with EYS is a time for children between 6 months and 5 years of age to learn and play with the comfort of their grown-ups being there to join the fun! Expect crafts, activities, stories, manipulatives, sensory and free play. Snack is provided!

Parent or guardian participation is required.

Tuesday Mornings Session 1

9:30-10:30am
9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8
\$40

Tuesday Afternoon Session 1

11:00am-12:00pm
9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8
\$40

Tuesday Mornings Session 2

9:30-10:30am
11/15, 11/29, 12/6, 12/13
\$20

AGES 6 months - 5 years
Old Crystal Lake Schoolhouse
(216 Sandy Beach Rd Ellington CT)



Bring the little ones to Old Crystal Lake Schoolhouse for safe learning, arts & crafts, stories, and socialization with other toddlers & preschoolers ages 2 years to 4 years. Learning centers and various activities are planned each week to ensure that children are engaged & having fun.

This program is DROP OFF.

Wednesdays Session 1

9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9
\$80
Ages 3.5-5 years old

Thursdays Session 1

9/22, 9/29, 10/6, 10/13, 10/20, 10/27 11/3, 11/10
\$80
Ages 2-5 years old

Wednesdays Session 2

11/16, 11/30, 12/7, 12/14
\$40
Ages 3.5-5 years old

Thursdays Session 2

11/17, 12/1, 12/8, 12/15
\$40
Ages 2-5 years old

9:30-11:00 AM
Old Crystal Lake Schoolhouse
(216 Sandy Beach Rd Ellington CT)

ALL PROGRAMS OPEN FOR REGISTRATION ON [ACTIVENET](#)

Community Outreach



Follow us
on Facebook!



Mission

Ellington Unified in partnership with Ellington Youth Services believes that everyone can have a sense of belonging within our community by connecting families, schools, and others through activities, advocacy, and support. Our hope is to strengthen the Ellington community for youth with disabilities & their families.

WHAT WE ARE OFFERING!

ICE CREAM SOCIAL

All ages
September 2nd
7:00pm
FREE
Kloter Farms Icecream Barn

JOHNNY APPLESEED'S

All ages
September 17th
10:00am
FREE
Johnny Appleseed's Farm

DANCE CAMP

All ages
November 3, 10, 17
6:00-7:00pm
\$15 per family
Windermere School

NIGHT WITH SNICKERS THE PONY

All ages
September 8th
6:00 - 7:00pm
FREE
Arbor Park

ZUMBA®

All ages
September 22nd
6:00-7:00pm
\$5 per family
Arbor Park

HOLIDAY COOKIE PARTY

All ages
December 8
6:00-7:00pm
\$5 per family
Hall Memorial Library

NINJA WARRIOR COURSE

All ages
September 15th
6:00 - 7:00pm
\$5 per child
Arbor Park

BOOT CAMP

All ages
October 6, 13, 20, 27
6:00-7:00pm
\$20 per family
Windermere School

GAME NIGHT

All ages
December 15
6:00-7:00pm
\$5 per family
Hall Memorial Library

Speaker series & theatre program coming soon! Check website and social media for updates.



ALL PROGRAMS OPEN FOR REGISTRATION ON [ACTIVENET](#)

Community Outreach



Mission

EYS Alliance (formally known as Rise Above) is an Ellington Youth Service student based group offering high school students the opportunity to develop critical leadership tools by connecting the youth to the community through education, awareness, and service.

Contact Kristen at kharp@ellington-ct.gov with questions.

Monthly Meetings

September 12
October 3
November 7
December 5
Ellington Senior Center
6:00-7:30

Sign up



Mission

We envision a community where youth actively strive to foster diversity and inclusion. We connect youth of all ages through programs, events, and activities. Why? Because it's time for Ellington to be it's very best.

Contact Diane Lasher-Penti at dpenti@ellington-ct.gov with questions or if you want to get involved.

More information coming soon!



We are starting a campaign designated to mental health in athletics. The recent stories of famous athletes speaking up about their mental health have created a huge shift in the trend of mental health being accepted in sports—and we want to continue that shift...in Ellington!

Change the Game is what we are calling the campaign. The logo you see above will be associated with anything the Change the Game group does! We are building Change the Game into the mental health campaign EYS already has called Speak Free.

What Change the Game has done: mental health training Ellington Athletic coaches, mental wellness check-in guide for coaches, parent presentation.

Potential ideas for Change the Game: teaching teammates how to lead a mindfulness activity, bringing Ellington alumni in to talk to teams, t-shirts with positive sayings, even holding a community-wide event to host a “famous” speaker. None of this can happen without a committee of people.

Email Jess to get involved jmaitland@ellington-ct.gov

Support Services

Contact EYS at (860) 870-3130 if you are interested in any of these services.



This program provides a safe space for a teen to learn all things healthy-relationship-related. The individual will learn things like boundaries and self-care. This is an environment that will be geared towards the individual's wants & needs through interactive activities & a non judgmental space.

We also have a State Certified Sexual Assault Counselor and Advocate, here to help with referrals, resources, advocacy, and support.



We have an on staff Licensed Marriage and Family Therapist who specializes in anxiety, depression and trauma, she has extensive training in CBT, mindfulness, motivational interviewing, play therapy, adventure based therapies, suicide assessments and interventions, substance use assessments and interventions including smoking/vaping cessations programs.



A trained tobacco specialist will help an individual with the journey of becoming nicotine free. EYS is dedicated to helping our youth and teens quit with individualized guidance. Everyone may have different reasons why they started and continue to use. With individualized guidance, we can help you deal with cravings and withdrawal, understand triggers, and learn tools to help cope with anxiety, stress, and or depression.



This is a science-based addiction support group where we learn self-empowering skills and support each other in our recovery. No matter what your addiction, SMART Recovery can help you change.

PARENTS!

We need to hear from YOU.

EYS is dedicated to bringing education, awareness, and support surrounding a variety of topics.

Please fill out this survey to help us better understand your needs:



*Opportunity to win a **\$50 Big Y gift card** if you participate in the survey!*

Check In



EYS knows that every individual comes out of unimaginable situations feeling differently. No matter how or what you feel right now, even if that's unknown, it is okay.

EYS created this **Check-In Campaign** to help you get started on your mental health journey.

Check-In with EYS to see if your current lifestyle needs more things to better your mental health.

For over 20 years, EYS has been adding to their media library, resource lists, and support services.

- Our media library is a collection of our publications that present our practices in different formats. Our resource lists are there to take the first step in finding a professional. Our support services are the knowledge and training that our staff complete so they can serve you.

We have realized that this can be overwhelming and are here to help.

To kick-off this Check-In Campaign, we have put together this 3-Step Plan
Here is a simplified sample:

My Personalized

CHECK IN

<div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #008080; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">1</div> <div>QUESTION</div> </div> <p>Look at my main areas of life. Do I see a reason to change?</p> <div style="background-color: white; padding: 5px; margin-top: 10px; width: 80%; margin-left: auto; margin-right: auto;"> <p><i>Example: have I been feeling more overwhelmed lately?</i></p> </div>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #008080; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">2</div> <div>CHOICES</div> </div> <p>Make a list of changes you would like to make.</p> <div style="background-color: white; padding: 5px; margin-top: 10px; width: 80%; margin-left: auto; margin-right: auto;"> <p><i>Example: allow myself to take breaks during the day.</i></p> </div>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #008080; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">3</div> <div>TAKE ACTION</div> </div> <p>Make a plan to change.</p> <div style="background-color: white; padding: 5px; margin-top: 10px; width: 80%; margin-left: auto; margin-right: auto;"> <p><i>Example: set aside 30 mins a day to relax.</i></p> </div>
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Developing Positive Youth Culture



In July of 2021, **the Developing Positive Youth Culture (DPYC) Coalition** was awarded the Prevention in Connecticut Communities grant through the Department of Mental Health and Addiction Services. Through this initiative, **The Village for Families and Children and EYS are partnering to prevent underage alcohol use in Ellington by promoting positive connections and decreasing risk that contribute to substance use.**

To join DPYC and learn more, visit: youth.ellington-ct.gov {click DPYC button on homepage}

If you are a parent or adult please scan the QR code to **fill out this survey** to best help us understand your needs in the community!

Opportunity to win a **\$50 Big Y gift card** if you participate in the survey!



Follow us on
Instagram!!
[@ct.dpyc](https://www.instagram.com/ct.dpyc)



Stay up to date



with Ellington Youth Services!



JOIN OUR MAILING LIST!

By postal, email, or both!
We WILL NOT spam you. You
will receive seasonal updates
on what EYS is offering.

TO JOIN

Click [HERE](#) or
scan the QR code

