

# 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](http://youth.ellington-ct.gov)



### Staff

**DIANE LASHER-PENTI, LMFT**

Director  
[dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov)

**KRISTEN HARP**

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

**KAYLA CONDRON**

Prevention Coordinator  
[kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov)

**JESSICA MAITLAND**

Program Coordinator  
[jmaitland@ellington-ct.gov](mailto:jmaitland@ellington-ct.gov)

### #EYSCares

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

Despite being youth services, we also offer programs and services to families and adults because of the influence they have on a child's environment.

The environment we want a child to have is a safe one. When we use the word safe, we are referring to the experience, the space, the people, that allow a child to live through messy emotions and difficult situations.

We invite our families and adults to CHECK IN.



# Programs



JAN 12 | FEB 16 | MAR 21  
5:30-7:00 PM  
GRADES 3-6  
\$10 PER DATE  
ELLINGTON SENIOR CENTER

Join us for a fun night eating pizza and playing trivia games!



WINTER: 1/23, 1/30, 2/6, 2/13  
SPRING: 3/6, 3/13, 3/20, 3/27  
5:00-6:00 PM  
GRADES 3-6  
\$20.00 PER SESSION  
EYS (31 ARBOR WAY)

This 4 week program will show 4th-6th graders how we can express our feelings and emotions in fun creative ways through art.



WINTER: 1/25, 2/1, 2/8, 2/22  
SPRING: 3/8, 3/15, 3/22, 3/29  
5:30-6:30 PM  
GRADES K-2  
\$30.00 PER SESSION  
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.



WINTER: 1/25, 2/1, 2/8, 2/22  
SPRING: 3/8, 3/15, 3/22, 3/29  
5:30-6:30 PM  
GRADES 3-6  
\$30.00 PER SESSION  
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!



1/31; 2/7, 2/14, 2/28; 3/7, 3/14  
5:00-6:00 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.



2/21  
9:30-3:00 PM  
GRADES 6-8  
\$50.00  
EYS (31 ARBOR WAY)

Safe Sitter essentials is 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.



MARCH 2, 9, 16, 23, 30, APRIL 6  
5:00-6:00 PM  
GRADES 3-6  
\$30.00  
EYS (31 ARBOR WAY)

This 6 week program will show 3rd-6th graders how we can express ourselves in fun creative ways through journaling.



3/9  
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

## Programs

We have teamed up with Ellington Memorial Library to offer new exciting programs!

Grades 5-12th

Hall Memorial Library

Scan or click to register:



### CREATIVE WRITING

JANUARY 9TH  
5:30-6:30PM  
FREE

### CHOPPED

*make energy bites!*  
JANUARY 26TH  
5:00-6:00PM  
\$20

### CREATIVE WRITING

FEBRUARY 27  
5:30-6:30PM  
FREE

### CREATIVE WRITING

MARCH 13  
5:30-6:30PM  
FREE

### CREATIVE WRITING

APRIL 17  
5:30-6:30PM  
FREE

### SPRING TIME BAKING

*make cheesecake  
rollups and mini cakes!*  
APRIL 6TH  
4:30-6:30PM  
\$40

## 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:

#### Session 1

1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14

#### Session 2

3/21, 3/28, 4/4, 4/18, 4/25, 5/2, 5/9, 5/16

**9:30-10:30am**

**AGES 6 months - 5 years**

**\$40.00 per session**

**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

1/25, 2/1, 2/8, 2/15, 2/23, 3/1, 3/8, 3/15

#### Session 2

3/22, 3/29, 4/5, 4/19, 4/26, 5/3, 5/10, 5/17

**9:30am-11:30am**

**Ages 3.5-5 years old**

**\$80.00 per session**

**Old Crystal Lake Schoolhouse  
(216 Sandy Beach Rd Ellington CT)**

### THURSDAYS:

#### Session 1

1/26, 2/2, 2/9, 2/16, 2/24, 3/2, 3/9, 3/16

#### Session 2

3/23, 3/30, 4/6, 4/20, 4/27, 5/4, 5/11, 5/18

**9:30-11:00 AM**

**Ages 2-5 years old**

**\$80.00 per session**

**Old Crystal Lake Schoolhouse  
(216 Sandy Beach Rd Ellington CT)**



PLAYGROUP IS OPEN FOR REGISTRATION ON ACTIVENET

# Parent Workshops



Despite being youth services, we also offer programs and services to families and adults because of the influence they have on a child's environment.

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We invite our families and adults to CHECK IN.

*ALL WORKSHOPS ARE FREE*



## WHAT IS ANXIETY

We will learn about:

- anxiety
- anxiety disorders
- ways to help

February 27th

6:00-7:30pm

Ellington Senior Center



## ANXIETY & SLEEPING

We will learn about:

- the sleep cycle
- how to track your sleep
- impact on your mental health
- how to handle sleep issues
- when to get professional help

March 13th

6:00-7:30pm

Ellington Senior Center



## ANXIETY & PERFECTIONISM

We will learn about:

- perfectionism
- the impacts it has on our lives & relationships
- what it can lead to and how to help

April 27th

6:00-7:30pm

Ellington Senior Center

**To register for one or all trainings please email Diane at [dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov)**



# Parent Workshops



We invite our families and adults to CHECK IN.  
ALL WORKSHOPS ARE FREE



## STRESS TO COURAGE SERIES

This is a three part series where parents & teens will learn:

- about stress
- how it impacts you
- techniques to deal with stress
- create a plan to improve

*There will be separate parent & teen discussions: you do not have to be a parent of/attend with a teen.*

January 23, 30; February 13th  
6:30-7:30pm

Ellington Senior Center

Email [dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov)  
to register



## LGBTQ+ PARENT SUPPORT GROUP

EYS is working on creating a network of support for parents with their kids LGBTQ+ journey. Join our open discussions and parent support!

Biweekly meetings

6:30-7:30pm

EYS (31 Arbor Way)

Email [kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov) to register



## INTERNET SAFETY

Some topics that may be discussed:

- Social networking: concerns parents should have
- Cyberbullying
- Texting & sexting
- Popular apps
- Picture sharing
- Privacy settings
- Digital footprints

TBD

6:00-7:30pm

Ellington Middle School

Email [kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov) to register



## READY... SET... RELATIONSHIPS???

Kids start talking about dating in 6th-8th grade. EYS can help parents bring up the intimidating topic of relationships in a way that assures our kids are starting off strong (with healthy habits).

April 25

6:00-7:30pm

EYS (31 Arbor Way)

Email [kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov) to register



# Community Outreach



Follow us  
on social media!



## 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!

### THEATER

All ages  
January 5, 12, 19, 26  
6:30-7:15pm  
\$20.00  
Hall Memorial Library  
Register on [ACTIVENET](#)

### SOCCER

All ages  
April-June  
Register through Recreation  
Department

### BASKETBALL

All ages  
March 2, 16, 23, 30  
6:00-6:45pm  
\$15  
Center School  
Register on [ACTIVENET](#)

### ICE CREAM PARTY

All ages  
June 9  
6:00-7:00pm  
Kloter Farms Ice Cream Barn  
No registration required

### AMERICAN KARATE

All ages  
February 4, 11, 18, 25  
11:00-11:30am  
\$20  
Please contact  
American Karate to  
register



## Mission

EYS Alliance (formerly 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](mailto:kharp@ellington-ct.gov) with questions.



In July of 2021, DPYC 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.**

Follow us on Instagram to learn about  
underage drinking facts, protective  
factors, and more!

@ct.dpyc



To join DPYC and learn more, visit: [youth.ellington-ct.gov](http://youth.ellington-ct.gov)  
{click DPYC button on homepage}



## Monthly Meetings

January 9  
February 6  
March 6  
April 3  
May 1  
Ellington Senior Center  
6:30-7:30

Sign up



## Events

EMS DODGEBALL TOURNAMENT!  
coming this april

## Support Services

Contact EYS at (860) 870-3130 or email Kayla at [kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov) 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 vape 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.



Miss Maitland from EYS has prepared mindful movements (yoga) that expose kids to important skills in positive-playful-ways! Mindfulness is: pausing the ever going busyness of life, having friendly attention to everything you do, exploring your inner world! Mindfulness is a muscle to strengthen.



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.





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 of athlete presentation, yoga with EHS athletic teams.

Email Jess to get involved [jmaitland@ellington-ct.gov](mailto:jmaitland@ellington-ct.gov)



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

