

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

KRISTEN HARP

Director
kharp@ellington-ct.gov

KAYLA BAHLER

Assistant Director
kbahler@ellington-ct.gov

JESSICA MAITLAND

Program Coordinator
jmaitland@ellington-ct.gov

MARQUE MERCURE

Prevention Coordinator
mmercure@ellington-ct.gov

#EYSCARES

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.

We provide programs that strengthen and develop essential life skills needed to succeed in many challenges facing the youth of today.



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



Playgroup

PLAYGROUP With Grown-Ups

Children between 6 months and 5 years of age will have an hour to learn and play with the comfort of their grown-ups being there to join the fun! EYS staff prepare weekly crafts, activities, stories, manipulatives, sensory & free play. Snack is provided.

Tuesday
9:30-10:30am
6 months-5 years

SESSION: 9/26, 10/3, 10/10, 10/17,
10/24, 10/31, 11/7
\$60

POP-UPS: 11/28, 12/5, 12/12, 12/19
\$10 per pop-up

PLAYGROUP Parent-Participation- Optional

The ages & needs of playgroup participants are constantly changing and EYS is offering this 4-week program to get to know more families! Parents/grown-ups are invited to stay OR encouraged to leave - we are here to support you!

Wednesday
9:30-11:00am
18 months-5 years

SESSION: 9/27, 10/4, 10/11, 10/18
\$50

PLAYGROUP Drop-Off

Drop the little ones off for 90 minutes of safe learning, arts & crafts, stories, snack, and socialization with other 2 - 5 year old children. Learning centers and various activities are prepared each week to ensure that children are engaged and having fun!!

Thursday
9:30-11:00am
2-5 years

SESSION: 9/28, 10/5, 10/12,
10/19, 10/26, 11/2, 11/9, 11/16
\$100

POP-UPS: 11/30, 12/7, 12/14,
12/21
\$15 per pop-up

LOCATION FOR ALL PLAYGROUP PROGRAMS:

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



ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET

Programs



SEP SESSION: 9/19, 9/20, 9/26, 9/27
OCT SESSION: 10/10, 10/11, 10/17, 10/18
NOV SESSION: 11/7, 11/8, 11/14, 11/15

5:30-6:30 PM
GRADES 3-6
\$30 PER SESSION
EYS (31 ARBOR WAY)

In just four classes, Miss Grace will guide third-sixth graders in creating clay sculptures! We will be meeting twice a week for two weeks.



9/19, 9/26, 10/3, 10/10, 10/17, 10/24
5:30-6:30 PM
GRADES 3-5
\$50
EYS (31 ARBOR WAY)

Children in grades 3-6 will be in awe of the paintings they can create with Miss Adhiti's guidance! Each week they will bring home a different masterpiece. All supplies provided.



11/7 (no school)
9:00 AM-3:00 PM
GRADES 6-8
\$50
EYS (31 ARBOR WAY)
PLEASE BRING A LUNCH

Safe Sitter is a 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.



11/29
2:30-4:00 PM
GRADES 4-6
\$40
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.



11/28, 12/5, 12/12, 12/19
5:30-6:30 PM
GRADES 3-5
\$30
EYS (31 ARBOR WAY)

Children in grades 3-6 will be in awe of the paintings they can create with Miss Adhiti's guidance! Each week they will bring home a different masterpiece. All supplies provided.



11/28, 12/5, 12/12, 12/19
5:30-6:30 PM
GRADES K-2
\$40
EYS (31 ARBOR WAY)

This is a 4-week science program for kindergarten-second graders!

ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET

Programs



The Mindful Way is a weekly program where middle school and high school-aged souls will expand the mind and explore different, fulfilling activities.

- movement (dance, yoga)
- time in nature (hiking, walking)
- guided meditations (improve focus, sleep better)
- self-care things!
- arts (use EYS supplies & get creative)
- connect (help others)
- challenges (group competitions, team building, pushing yourself)



Pop Ups

K-2nd GRADE

Crafty by Nature

Miss Analisse will guide kids in making artwork out of things from nature.

9/27

5:30-6:30pm

\$10

Fairy Gardens

Kids will have an hour to shop from Miss Grace's Fairy Garden Store and build their own magical piece to bring home!

10/3

5:30-6:30pm

\$15

Pumpkin Painting

Kids will try as many different ways to paint as possible with a pumpkin being our canvas!

10/11

5:30-6:30p

\$10

Fairy Gardens

Kids will have an hour to shop from Miss Grace's Fairy Garden Store and build their own magical piece to bring home!

10/24

5:30-6:30pm

\$15

Leaf People

This program is inspired by the children's book, Leaf Man by Lois Ehlert.

11/8

5:30-6:30p

\$10

Giving Tree

Kids will be doing activities based off the book, The Giving Tree by Shel Silverstein.

11/13

5:30-6:30pm

\$10



3rd-6th GRADE

Mind Games

Scavenger hunt meets puzzling riddles!

10/2

5:30-6:30pm

\$10

Tie-Dye

Tie-dye a shirt...Halloween themed!

10/16

5:30-6:30pm

\$15

Tie-Dye

Tie-dye a shirt...Halloween themed!

10/25

5:30-6:30pm

\$15

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.

Please reach out to Tracy with any ideas or suggestions. It is also helpful if you can RSVP for the events. **Thank you! Contact: ellingtonunified@gmail.com**

Alyssa's Birthday @ Arbor Park

9/7

(We will provide pizza, & cupcakes bring your scooters, bikes, etc.)

Unified Scarecrow Night

10/5

Bring supplies to decorate/create a scarecrow (meet up at the green for 4:30)

Fall Fest at Nellie McKnight's

10/14

Stop by and say hi!

Halloween Party

10/19

Unified Holiday Party

12/21

Mission

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}

Follow us on
Instagram!!



@ct.dpyc



CHANGE THE GAME



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!

What Change the Game has done: mental health training Ellington Athletic coaches, mental wellness check-in guide for coaches, parent presentation, and put up banners at the middle and high school athletic fields.

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

For our High Schoolers

JOIN OUR GROUP!



MAKE AN IMPACT IN YOUR COMMUNITY

FUN EVENTS

COMMUNITY SERVICE HOURS



FIRST MEETING:

September 11th

6:30 pm

Ellington Senior Center

Ice cream sundae bar!

EYS Alliance is an **E**llington **Y**outh **S**ervice student based group offering high school students the opportunity to develop critical leadership tools by making connections to the community through education, awareness, and service.

EYS Alliance inspires the youth to find their voice & develop skills to successfully navigate life.

SCAN
TO
JOIN



forms.gle/TyXLyLHRUreujHhZ



A BREAK DOWN OF FREE PROGRAMS AND SERVICES

If you have a need that is not included here please reach out to Ellington Youth Services and we can help! You are not alone.

information for:
parents & guardians

case management

EYS staff developed a one-on-one case management approach for the Ellington community. Case Management provides individuals with support for issues that directly affect their ability to live a life of health, healing and hope. We are committed to offering effective, empathetic services that provide meaningful change.

- **Anger Management**
- **Anxiety**
- **Emotional Regulation**
- **Drug, Alcohol, Substance-Use Education**
- **Stress**
- **Body Image**
- **School Refusal**
- **Relationships**
- **Special Education/ Disability Advocacy**

*plans can be:
short-term*

free

individualized

information for:
school staff & admin

in school programs

Kind Farm {kindergarten}

Lessons based on EYS animations that follow the lives of Mel the cow and Billie the goat as they use tools to help cope with everyday feelings. Kindergarten curriculum focuses on naming emotions and being kind to yourself and others.

SIX
30-min classes

Kind Farm {grades 1-2}

First and Second grade curriculum focuses on self regulation tools, labeling emotions, creating a self care plan, and learning what it means to be a friend.

SIX
30-min classes

Gizmo {grade 3}

Gizmo focuses on mental health and wellness support, how to recognize warning signs, and apply appropriate coping strategies. Gizmo also allows students to understand the importance of a trusted adult and communication to discuss their needs.

THREE
30-min classes

Empower {grade 4}

Empower continues the conversation of understanding thoughts, feelings, and actions as it relates to our own emotions AND the emotions of those around us. Lessons will focus on having empathy, self-worth, confidence with practice of creating self-care plans.

THREE
30-min classes

Mind Up {grades 5-6}

Lessons will help to promote and develop mindful attention to not only oneself but to others as well, and learn tolerance of differences. Through learning about the brain and how it functions students will gain insight into their own minds and behaviors as well as those of the people around them.

SIX
40-min classes

WE ARE HERE TO HELP:
youthservices@ellington-ct.gov

Meet our Staff



KRISTEN HARP

Director

"My goals for working at EYS are to provide an opportunity to positively impact young lives by offering support, resources, programs, and guidance. I want to create a safe and nurturing environment, promoting mental well-being, and implementing strategies to prevent challenges before they arise. I am dedicated to supporting the youth and families in Ellington through their growth and development."



KAYLA BAHLER

Assistant Director

*"My goal has been to provide an environment where children feel **seen, valued, and not judged.** While also encouraging **connection and creativity!** And always do my best to help the youth and families of Ellington live a life of **health, healing, and hope.**"*



JESSICA MAITLAND

Program Coordinator

*"Every child has the ability to **thrive** when we work together. You are not alone; I am here to help!"*



MARQUE MERCURE

Prevention Coordinator

"As an Ellington resident and mother of three elementary aged children, I look forward to working with families and youth for whatever their unique needs may be empathetically understanding how chaotic and overwhelming it can be raising a family. I will be focusing on prevention through education as it yields the most productive results, but am also here for support when intervention is needed. I am here to help!"