

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

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#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 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!!

Monday
9:00-10:30am
2.5-5 years

WINTER SESSION: 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 3/31
\$180

SPRING SESSION: 4/21, 4/28, 5/5, 5/12
\$80

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
9:00-10:00am
6 months-5 years

WINTER SESSION: 1/28, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1
\$90

SPRING SESSION: 4/22, 4/29, 5/6, 5/13
\$40

PLAYGROUP With Grown Ups

Children between 18 months and 5 years of age will have an 90 minutes 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.

Wednesday
9:00-10:30am
18 months-5 years

WINTER SESSION: 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2
\$150

SPRING SESSION: 4/23, 4/30, 5/7, 5/14
\$60

LOCATION FOR ALL PLAYGROUP PROGRAMS:

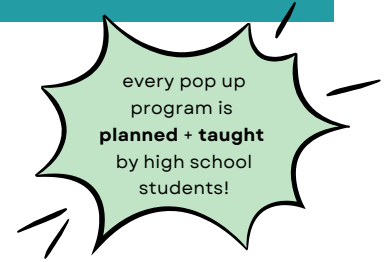
Old Crystal Lake Schoolhouse (216 Sandy Beach Rd Ellington CT)



ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET

All programs are open to all residents regardless of economic status. We are here to help! Contact us for information on assistance.

Pop Ups @ EYS for kindergarten, 1st, 2nd graders



Winter Wonderland Crafty Class

Make a snow globe, snow dough, and a 3D salt painting!
Tuesday 1/21 || 5:00-6:00 pm || \$15.00

Frosty Creations

Creative snowflake decor making for little crafters.
Thursday 1/23 || 5:00-6:00pm || \$15.00

Winter Drawing Class

Draw & chat with supplies & friends you wouldn't find at home!
Wednesday 1/29 || 5:00-6:00pm || \$10.00

Fuse Beads Fun

Create mosaic creations with small beads that fuse with heat!
Monday 2/3 || 5:00-6:00pm || \$15.00

Pins & Paints Tote Bag Class

Design a personal tote bag with fabric paint and D.I.Y pins!
Thursday 2/6 || 5:00-6:00pm || \$20.00

Winter Olympics

Winter themed challenges in an Olympic styled event!
Tuesday 2/11 || 5:00-6:00pm || \$10.00

Slime Time

How do different materials make different slime?
Wednesday 2/12 || 5:00-6:00pm || \$20.00

Printmaking Workshop

Create your own stamps & decorate a fabric bag!
Wednesday 2/19 || 5:00-6:00pm || \$20.00

Movie Munchies Snack Boards

Let's create a snack board with classic cinema snacks!
Thursday 2/20 || 5:00-6:00pm || \$20.00

Chain of Hearts

Learn how to make heart crafts to spread the love.
Tuesday 2/25 || 5:00-6:00pm || \$10.00

Board Game Buddies

Rotate through board games!
Thursday 2/27 || 5:00-6:00pm || \$10.00

Chirp & Craft

Bird house and bird feeder making for kiddos!
Monday 3/3 || 5:00-6:00pm || \$15.00

Stuffy Safety Class

Bring a stuffed animal to class and treat them like a veterinarian! *toys will be bandaged and casted
Tuesday 3/4 || 5:00-6:00pm || \$15.00

Goodbye Winter Game Night

Compete against the high schoolers in a series of mini games!
Tuesday 3/11 || 5:00-6:00pm || \$10.00

Intro to Tie-Dye

Make a t-shirt & pair of socks!
Thursday 3/13 || 5:00-6:00pm || \$20.00

Raise a Pet Rock

Create a pet rock and build a home for the pet rock!
Monday 3/17 || 5:00-6:00pm || \$15.00

BINGO

How many versions of BINGO are there? Play & win prizes!
Wednesday 3/19 || 5:00-6:00pm || \$15.00

Tiny Builders

Use creativity & problem-solving skills to conquer challenges!
Tuesday 3/25 || 5:00-6:00pm || \$15.00

Candy Salad

Let's make a gummy salad and a chocolate salad!
Thursday 3/27 || 5:00-6:00pm || \$20.00

A Day at the Circus

Juggling, performing, balancing & making circus animals!
Monday 3/31 || 5:00-6:00pm || \$15.00

Dragon Day

A day for dragon lovers! Bring a sculpture home.
Tuesday 4/1 || 5:00-6:00pm || \$20.00

Ninjago Class

Everyone will build Ninjagos together!
Monday 4/7 || 5:00-6:00pm || \$15.00

Become a Superhero

Earn a special name, cape, mask & mission!
Wednesday 4/9 || 5:00-6:00pm || \$20.00

Spring Sensory Toys

Make a spring themed sensory bin & calming jar!
Monday 4/21 || 5:00-6:00pm || \$20.00

Spring Drawing Class

Draw & chat with special supplies and friends!
Wednesday 4/23 || 5:00-6:00pm || \$10.00

Soda Shop & Games!

Mix floats, slushies, shirley temples & play games!
Monday 4/28 || 5:00-6:00pm || \$15.00

Garden Gathering

Make a house for your own plant-baby!
Wednesday 4/30 || 5:00-6:00pm || \$20.00

Little Fun Fit Obstacle Course

An obstacle course challenge to bring out the fun & fit.
Monday 5/5 || 5:00-6:00pm || \$10.00

Ninja Challenge

Tackle the challenges of a ninja for a day!
Thursday 5/8 || 5:00-6:00pm || \$15.00

Fairy Gardens

Live plants, crystals, tiny homes, and more!
Monday 5/12 || 5:00-6:00pm || \$20.00

Ping Pong Planets

Build an extraordinary solar system!
Tuesday 5/13 || 5:00-6:00pm || \$15.00

3-D Art Class

A combination of an art class and sensory class!
Wednesday 5/21 || 5:00-6:00pm || \$10.00

D.I.Y Puppet Theater

The perfect program for little creative minds!
Thursday 5/22 || 5:00-6:00pm || \$15.00

Slime Masters

How do different materials make different slime?
Tuesday 5/27 || 5:00-6:00pm || \$20.00

Ice Cream Magic!

Science experiments & ice cream sundaes...
Thursday 5/29 || 5:00-6:00pm || \$20.00

ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET

Pop Ups @ EYS for 3rd, 4th, 5th, 6th graders

Winter Trivia

Our instructors have 3 rounds of winter trivia!
Tuesday 1/21 || 5:00-6:00pm || \$10.00

Blanket Tying

Learn the classic knot-blanket tying method!
Thursday 1/23 || 5:00-6:00pm || \$20.00

Keychain Workshop

Learn how to make string art bead-iful keychains.
Tuesday 1/28 || 5:00-6:00pm || \$15.00

Snowy Sweet Treats

Cake pops & cookies for each student to decorate!
Wednesday 1/29 || 5:00-6:00pm || \$20.00

Valentine's Scavenger Hunt & Mini Games

Valentine's Day themed clues lead to mini games!
Monday 2/3 || 5:00-6:00pm || \$10.00

Build & Paint Birdhouses

Each child will build, secure & paint birdhouses.
Thursday 2/6 || 5:00-6:00pm || \$15.00

Sports Trivia

Test your knowledge on winter sports and Olympics!
Tuesday 2/11 || 5:00-6:00pm || \$10.00

Car Building Contest

Build a car with Lego building blocks to undergo tests!
Wednesday 2/12 || 5:00-6:00pm || \$20.00

On the Hunt for Building Blocks

Questions, clues, & riddles that lead to the next piece!
Wednesday 2/19 || 5:00-6:00pm || \$20.00

Self Care Class

Bath bombs and lip scrubs to make & take!
Thursday 2/20 || 5:00-6:00pm || \$20.00

Swiftie Style Friendship Bracelets

Join us for a music filled bracelet making class!
Tuesday 2/25 || 5:00-6:00pm || \$15.00

Spy for a Day

Create a spy kit, go on a secret mission & solve the case!
Thursday 2/27 || 5:00-6:00pm || \$15.00

Math Battle Royale

Test your math skills and play jeopardy with friends!
Monday 3/3 || 5:00-6:00pm || \$10.00

Chilled Treats

Dirt cups, pretzels & cookies to create and decorate!
Tuesday 3/11 || 5:00-6:00pm || \$20.00

Spring Bucket List

Plan a poster sized vision board of your spring bucket list!
Monday 3/17 || 5:00-6:00pm || \$10.00

Egg Drop Challenge

Who's device will protect the egg through all the challenges!
Wednesday 3/19 || 5:00-6:00pm || \$10.00

Clay Coasters

Make a clay coaster and decorate a cup to take home!
Tuesday 3/25 || 5:00-6:00pm || \$20.00

Flower Tie Dye

Make a brightly colored flower tie-dye design!
Thursday 3/27 || 5:00-6:00pm || \$20.00

SuperBowl!

Celebrate the end of football season with SuperBowl games!
Monday 3/31 || 5:00-6:00pm || \$10.00

Pipe Cleaner Crafts

Learn how to make things out of pipe cleaners!
Tuesday 4/1 || 5:00-6:00pm || \$10.00

Capture the Flag

Play capture the flag in the park!
Monday 4/7 || 5:00-6:00pm || \$10.00

Construction Zone

Get your hands dirty with a construction project, craft, and activity!
Wednesday 4/9 || 5:00-6:00pm || \$15.00

Cookie Decorating

Decorate cookies with unique tools & methods!
Monday 4/21 || 5:00-6:00pm || \$15.00

Dessert Boards

Make an assortment like DIY rice crispy treats & cake pops!
Wednesday 4/23 || 5:00-6:00pm || \$20.00

Wardrobe Workshop

Create accessories, jewelry, and clothing!
Monday 4/28 || 5:00-6:00pm || \$20.00

Fun Fit Obstacle Course

An obstacle course challenge to bring out the fun & fit!
Wednesday 4/30 || 5:00-6:00pm || \$10.00

Ice Cream Party!

An ice cream social...but make the ice cream by hand!
Monday 5/5 || 5:00-6:00pm || \$15.00

Paper Towel Art

Unique art using paper towels & decorative canvases!
Thursday 5/8 || 5:00-6:00pm || \$10.00

Park Games

Lots of yard games in Arbor Park!
Monday 5/12 || 5:00-6:00pm || \$10.00

Sugar Rush

Competitive food eating challenges!
Tuesday 5/13 || 5:00-6:00pm || \$20.00

Splish, Splash, Build!

Summer ready by making your own pool toys!
Wednesday 5/21 || 5:00-6:00pm || \$15.00

Little Makers Jewelry Class

Necklaces, bracelets, and earrings!
Thursday 5/22 || 5:00-6:00pm || \$20.00

Park Soccer

Soccer games specialized for Arbor Park!
Tuesday 5/27 || 5:00-6:00pm || \$10.00

Outdoorsy Games

Stations and levels of backyard games!
Thursday 5/29 || 5:00-6:00pm || \$10.00

All programs are open to all residents regardless of economic status. We are here to help! Contact us for information on assistance.

Programs



3/26
1:00-2:30 PM (EPS early dismissal)
GRADES 4-6
\$50
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.



2/18 (no school)
9:00 AM-3:00 PM
PLEASE BRING A LUNCH
GRADES 6-8
\$75
EYS (31 ARBOR WAY)

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.



ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET

All programs are open to all residents regardless of economic status. We are here to help! Contact us for information on assistance.

Parent Workshops

Healthy Relationships Presentation

Thursday February 13

5:30-7:00pm

Hall Memorial Library

(Upstairs Meeting Room & Children's Program Room)

free registration:



FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH!

EYS will be hosting a free Healthy Relationships Presentation by Jessica and Maggie from **Interval House**. Parents and their youth, ages 12 and up, may choose to attend. There will be a separate presentation for both parents and their youth, which leave families with discussions to have at the conclusion of the presentation. **Interval House** will discuss many factors for teens and parents to take into consideration with the numerous options society has to effectively communicate with each other and what to do if negative communication occurs.

Middle & High School



EYS Alliance is an Ellington Youth Service 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



UPCOMING EVENTS:

Winter Social

EYS Alliance & Senior Center members will play games & eat food!

January 6

5:30-6:30pm

Ellington Senior Center



EMS Dodgeball Tournament

Our annual EMS dodgeball tournament is back! It will be a great night of music, prizes, and fun for middle schoolers. Sign up sheets can be found with Mrs. Shaw.

March 21

7:00~9:30pm

Ellington High School



UPCOMING MEETINGS:

Mondays

6:30-7:30pm

Ellington Senior Center

- **February 12**
- **March 11**
- **April 8**
- **May 13**

Follow

@eysalliance
on instagram!



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

SCAN
FOR
INFO



- *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)*



Community Outreach



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.

The council for Developing Positive Youth Culture (DPYC), established in 1996, is an ad hoc committee with a mission to create and sustain a positive youth culture for Ellington's youth through collaboration among the community, schools, and town agencies.



Our hope is to strengthen the Ellington community for youth with disabilities & their families.

Unified Building Blocks Club

Sunday 1/5, 1/12, 1/19

1:30-3:30 pm

Hall Memorial Library

3rd - 6th graders

\$15.00 per session

Register on [ACTIVENET](#)

Unified Social Skills Playgroup

Saturday 2/1, 2/8, 2/15, 2/22

10:00-11:00 am

Ellington Youth Services

Ages 7 & under

(adult participation required)

\$20.00 per session

Register on [ACTIVENET](#)

Email @ellingtonunified@gmail.com if you have a child with disabilities who is interested in a basketball program. We are exploring options for gym space!

NEW MEMBERS NEEDED!

Who We're Looking For:

- **Youth:** If you're a young person who wants to make a difference in your community and be part of a supportive network, we'd love to have you!
- **Adults:** Whether you're a parent, educator, or community leader, your experience and enthusiasm can help guide and inspire our youth.

Developing Positive Youth Culture (DPYC) meetings take place once a month at Ellington Middle School from 2:30-3:45 pm

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



Follow us on
[Instagram](#) & [Facebook](#)!



Follow us on
[Instagram](#)!

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