

FALL 2025

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

JESSICA ROSA

Assistant Director
jmaitland@ellington-ct.gov

MARQUE MERCURE

Prevention and Program
Coordinator
mmercure@ellington-ct.gov

SARAH BLAIS

Program Specialist
sblais@ellington-ct.gov

#EYSCARES

Each employee at EYS cares about our children's chance to thrive.

We hope that bringing awareness to our programs and making our services more available will inspire a community wide commitment to care.



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



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 & administration

in school programs

Kind Farm

{kindergarten}

FOUR 30-min classroom visits

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.

Kind Farm

{grades 1-2}

FOUR 30-min classroom visits

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.

Gizmo

{grade 3}

THREE 30-min classroom visits

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.

Empower

{grade 4}

THREE 30-min classroom visits

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.

Mind Up

{grades 5-6}

SIX 30-min classroom visits

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.

Community Outreach

CLICK ON THE LOGO OR
PROGRAM NAMES
THROUGHOUT FOR MORE
INFORMATION



CONNECTION FOR YOUTH WITH DISABILITIES AND THEIR FAMILIES through activities, advocacy and support.

What's Coming Up: Stay tuned for a range of exciting programs and events designed to engage, inspire, and support our community. From workshops and social events to special initiatives, there's something for everyone!

Stay Connected: To keep up with the latest updates, be sure to follow us on social media:

  @ellingtonunified  ellingtonunified@gmail.com



JOIN US IN BUILDING A POSITIVE FUTURE!

Are you passionate about creating a supportive and vibrant community for our youth? Do you want to help promote positive connections and reduce substance use among young people? If so, **Developing Positive Youth Culture (DPYC)** is looking for new members like you!

Make an Impact: Contribute to meaningful change in your community through **Community Outreach**. We work directly with local schools, organizations, and families to promote positive behavior and provide resources for our youth and families.

Build Connections: Meet and collaborate with like-minded individuals who share your passion through **Events and Workshops**. We organize events that encourage positive connections and offer workshops on life skills, decision-making, and substance abuse prevention.

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.



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

A CAMPAIGN SUPPORTING MENTAL HEALTH FOR ELLINGTON 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 for coaches, mental check-in guide for coaches, parent presentation, hung banners at the middle and high school athletic fields, team building for EHS sports, and free yoga classes for EHS teams.

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



Programs for kids in Kindergarten, First, Second grade...



WEDNESDAYS

9/24, 10/1, 10/8, 10/15, 10/22, 10/29
5:00-6:00 PM
\$90.00
EYS (31 ARBOR WAY)

Kids will leave each class of this 6 week session with a fancy wooden cutting board covered with...snacks! They will learn how to cut, slice, and chop fruits & vegetables into cute shapes, pair crackers with dips, maybe try tasting new things.



MONDAYS

9/22, 9/29, 10/6, 10/20, 10/27, 11/3
NO CLASS 10/13
5:00-6:00 PM
\$60.00
EYS (31 ARBOR WAY)

Learn the science behind slime with new experiments each week! Students will create and bring home different slime at the end of each class of this 6 week session.



THURSDAYS

10/30, 11/6, 11/13, 11/20, 12/4
NO CLASS 11/27
5:00-6:00 PM
\$50.00
EYS (31 ARBOR WAY)

Classes that encourage creativity & embrace mess! Each week of this session will have a special theme and project. Students will learn art techniques and use different supplies.



TUESDAYS

11/18, 11/25, 12/2, 12/9, 12/16
5:00-6:00 PM
\$75.00
EYS (31 ARBOR WAY)

5 weeks of activities with lego building bricks! There will be scavenger hunts, competitions, games, and LOTS of building.

Fall Fun Pop - Up Programs
Same style of classes but less commitment!
Sign up and pay per program. \$15.00 each.

BRICK BUILDING

Lego building, team bonding, scavenger hunting!

Thursday 9/25 • 5:00-6:00 pm

FALL CRAFTY CLASS

Our high school instructor has so many fun crafts planned!

Tuesday 10/7 • 5:00-6:00 pm

BRICK BUILDING 2.0

Lego building, team bonding, scavenger hunting!

Thursday 10/16 • 5:00-6:00 pm

SPOOKY TIE DYE

Learn reverse tie dye to make spooky shirts!

Thursday 10/21 • 5:00 pm - 6:00 pm



Students will leave EVERY session with projects that they created!

CLICK ON THE LOGO OR
PROGRAM NAMES
THROUGHOUT FOR MORE
INFORMATION



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.

Programs for kids in Third, Fourth, Fifth, Sixth grade...



TUESDAYS

9/23, 10/7, 10/14, 10/21, 10/28, 11/4

NO CLASS 9/30

5:00-6:00 PM

\$60.00

EYS (31 ARBOR WAY)

The Mindful Way is a weekly program where young souls will expand the mind, explore fulfilling activities and have meaningful conversations. There will be arts, meditation, movement, and self care activities.



WEDNESDAYS

9/24, 10/1, 10/8, 10/15, 10/22, 10/29

5:00-6:00 PM

\$60.00

EYS (31 ARBOR WAY)

Introduction to American Sign Language. 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.



MONDAYS

11/10, 11/17, 11/24, 12/1, 12/8, 12/15

5:00-6:00 PM

\$90.00

EYS (31 ARBOR WAY)

*Create self-care crafts like bath bombs, scrubs, candles, etc. and **bring home a complete kit** at the end of the 6 weeks!*



WEDNESDAYS

11/5, 11/12, 11/19, 12/3, 12/10, 12/17

5:00-6:00 PM

\$90.00

EYS (31 ARBOR WAY)

*Kids will leave each class of this 6 week session with a **fancy wooden cutting board covered with...snacks!** They will learn how to cut, slice, and chop fruits & vegetables into cute shapes, pair crackers with dips, maybe try tasting new things.*

Fall Fun Pop - Up Programs
Same style of classes but less commitment!
Sign up and pay per program. \$10.00 each.

FALL GAMES IN THE PARK
Yard games against our instructors!
Monday 9/22 • 5:00-6:00 pm

GAME NIGHT
Rotate through stations and climb up the levels!
Monday 10/20 • 5:00-6:00 pm

PUMPKIN PAINTING
All supplies provided!
Monday 10/27 • 5:00-6:00 pm



Programs for the whole family...

BRACELET MAKING

All supplies provided

Thursday 10/2 • 5:00-6:00 pm • \$20/family
All siblings, grown-ups, parents invited!

PUMPKIN PAINTING

All supplies provided

Thursday 10/23 • 5:00-6:00 pm • \$20/family
All siblings, grown-ups, parents invited!

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.

Playgroup Programs

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

SESSION: 9/22, 9/29, 10/6, 10/20*, 10/27, 11/3, 11/10, 11/17
\$160

POP-UPS: 12/1, 12/8, 12/15
\$20 per class

EPS schools closed - siblings allowed to participate

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.
parent participation required

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

SESSION: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4*, 11/18
\$80

POP-UPS: 12/2, 12/9, 12/16
\$10 per class

EPS schools closed - siblings allowed to participate

PLAYGROUP With Grown Ups

90 minutes of learning, crafts, activities, stories, manipulatives, sensory & free play for children between 18 months and 5 years of age. Snack is provided.
parents can participate OR relax in meeting room

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

SESSION: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19
\$135

POP-UPS: 12/3, 12/10, 12/17
\$15 per class

CLICK ON THE LOGO OR
PROGRAM NAMES
THROUGHOUT FOR MORE
INFORMATION

LOCATION FOR ALL PLAYGROUP PROGRAMS:

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



Babysitting Courses



Tuesday 11/4
9:00 AM - 2:30 PM
GRADES 6-8
\$75
EYS (31 ARBOR WAY)



Wednesday 12/3
1:00 - 2:30 PM
GRADES 4-6
\$50
EYS (31 ARBOR WAY)

Safe Sitter

Safe Sitter essentials with CPR is a class designed to prepare students to be safe when they are home alone, watching younger siblings, or babysitting. **Bring a lunch!**

Safe @ Home

This one day program is designed to prepare students to be safe when they are home alone.

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.

Esports in Ellington



GAME CREATION & CODING

A five week EYS core competencies class with Affinity Esports!

This track teaches participants how to safely create engaging digital content and develop a unique online presence. Participants will learn the basics of video editing and live streaming. Through interactive lessons and hands-on projects, attendees will gain all of these skills that are used by today's digital creators! Register on activenet.

Thursdays 9/25, 10/2, 10/9, 10/16, 10/23

4:30 pm - 6:00 pm • Ages 7-13 • \$125

MINECRAFT BUILDERS

A five week EYS hands-on series with Affinity Esports!

Participants will jump into Minecraft gameplay with build battles and team challenges that develop creativity, strategy, and leadership skills all while focusing on wellness and internet safety. All supplies provided. Register on activenet.

Thursdays 9/25, 10/2, 10/9, 10/16, 10/23

6:15 pm - 7:45 pm • Ages 7-13 • \$125

FALL ESPORTS BUNDLE DEAL!

Attend both classes listed above for \$200

4:30 pm - 7:45 pm

Pizza & refreshments provided between classes

search 'esports bundle' on activenet to register

LOCATION FOR ALL ESPORT PROGRAMS: ELLINGTON YOUTH SERVICES (31 ARBOR WAY)

Parent Programs

FREE showing of Screenagers: Elementary School Age Edition

Don't miss the presentation,
"Social Media & Responsible Technology for Parents,"
 from Scott Driscoll of Internet Safety Concepts
 at Windermere on 9/30/25!

Ellington Screenagers Showing

Tuesday 10/7/2025

Hall Memorial Library

5:00 - 6:30 pm

FREE

Kids in grades K-5 & their families

Registration required

Light refreshments served



This film uses kid-friendly language, real-life family examples, and avoids overly mature topics to cover:

- Healthy screen habits,
- Screen time limits,
- Smartwatches, gaming, and social pressure,
- Managing emotions when screens are taken away.

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.

High School Volunteer Group



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.

EARN VOLUNTEER HOURS + CONNECT WITH THE COMMUNITY!

MONTHLY MEETINGS:

Mondays

Meeting agendas will alternate between **event planning tasks** and **fun things for members to do!**

6:30 pm - 7:30 pm

Ellington Senior Center

SEASONAL EVENTS:

Trail of Treats

EYS Alliance prepares their own haunted booth for one of Ellington's favorite events!

Winter Social

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

EMS Dodgeball Tournament

Our annual EMS dodgeball tournament is a night of music, prizes, and fun for middle schoolers.

Follow

[@eyesalliance](https://www.instagram.com/eyesalliance)
on instagram
for meeting
reminders:



SCAN TO JOIN



Things to do for teens...

9/29

Paint Night

Monday 9/29

5:00 pm - 6:00 pm

middle and high school students
registration required

10/30

Reverse Tie Dye

Thursday 10/30

5:00 pm - 6:00 pm

middle and high school students
registration required

bring some friends + get out of the house + come hang for an hour



The survey results say that our teens are **LONELY** and we want to change that by providing a space and activities where they can connect. We want to get teens into our building to hear what they need more of in the Ellington community.



FREE SNACKS, GAMES, CRAFTS, AND MORE FOR TEENS

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.