

SW YOUTH & FAMILY SERVICES

A Division of South Windsor Human Services

April 2020

Here to help during COVID 19

We are thinking of our SW families! Staff are available by phone, email or virtual meetings and we also provide teletherapy. Please contact us if we can provide support in anyway!

Basic Needs, Tips & Information:

For local services & food assistance: <https://www.southwindsor-ct.gov/human-services>

Adult & Senior Services: <https://www.southwindsor-ct.gov/adult-senior-services>

- SW Non-emergency COVID Information Line: 860 337-6195
- CT Resources: <https://uwc.211ct.org/covid19resources/>

Online Supports with SWYFS:

- For Mental Health Services or Wellness Check-ins please email or call:
Liz.Langevin@southwindsor.ct-gov 860 648-5050
- Peace at Home Parenting Webinars. Free with code: PEACE2020
<https://www.peaceathomeparenting.com/get-started/>
- Stay in touch, learn more about our programs and find healthy living tips at:
<https://www.facebook.com/SWYouthFamily>
<https://www.facebook.com/SWTeencenter>
- **NEW!** <https://www.youtube.com/channel/UCvDYfgqvTwBUfE9wusSLJg>

Contact Us:

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STAY STRONG!

- S- Sleep, get plenty of it
- T- Take your meds & vitamins
- R- Resist drugs & alcohol
- O- Once a day do something productive
- N- Nutrition, make healthy choices
- E- Get exercise