



South Windsor  
**Youth & Family  
Services**

A division of South Windsor Human Services

We are located at  
150 Nevers Road  
The Charles N Enes/SW  
Community Center



**Youth & Family  
Services is a division of  
the Human Services  
Department**



[www.facebook.com  
SWYouthFamily](http://www.facebook.com/SWYouthFamily)

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# Parent Talk Newsletter

A bi-monthly publication of South Windsor Youth & Family Services

“Creating and fostering opportunities for South Windsor youth and their families to learn and grow in positive ways”

**January & February 2019**

## **2<sup>nd</sup> Annual Child and Family Resource Fair**

Youth and Family Services Child and Family Resource Fair is free, open to the public. It provides a wealth of information on programs, services, recreation and local resources available for families with children ages birth-18 years old.

Join us on **Saturday, January 12, 2019** (snow date: 1/19/19)  
**10:00am-1:00 pm.**

**South Windsor Community Center at 150 Nevers Road**

Bring your family and friends out for an afternoon of fun, entertainment, health information and screenings, local community resources, story time, a raffle and much more! We will also have an open play gym set up for children between the ages of birth-4 years old.

Registration is not necessary. For more information, call Kelly McKenney at 860-648-6361 x320 or email at [Kelly.mckenney@southwindsor.org](mailto:Kelly.mckenney@southwindsor.org)

**T'was the night before Valentines...**

### **Cozy Family Valentine's Dinner**

**Bring the whole family and come in your pajamas!**

**We will be serving up English muffin pizzas & salad for dinner then stay for hot cocoa and a family Valentine's craft.**

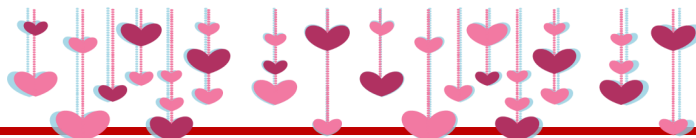
**Wednesday, February 13th 5:30pm to 7:30pm  
(night before February break)**

**\$10 per family**

**South Windsor Community Center @150 Nevers Road**

**Limited space so register early at [Eventbrite.com](http://Eventbrite.com)  
Search South Windsor Youth & Family Services**

**For more information, call Liz Langevin at 860-648-6361 x331**





# SWAN Parenting PROGRAMS

All SWAN Programs are held at the SW Community Center at 150 Nevers Road, unless otherwise stated.

For more information, contact

Kelly McKenney at 860-648-6361 x320

## **Speaker: Educational Advocate, Joanne Prague-Doyle**

Joanne Prague-Doyle, Educational Advocate, will provide a question and answer session on **Thursday, January 31 from 6:00-7:00 pm.** Joanne was a School Counselor/District 504 Coordinator for over 15 years. Join us in learning about your child's rights and how to navigate special education services. Joanne works throughout the state of CT representing families and their children in special education matters.

## **Financial Planning for Children with Special Needs**

Parents of children with disabilities can face a unique set of financial challenges. However, like all financial challenges, it is important to take measures early to financially prepare for the future. Annie Mohanty, a financial advisor, will share a number of financial planning ideas and considerations for those parents who have children with a disability.

**Date: Monday, February 2nd from 6:00-7:00 pm**

## **Monday Morning Playgroup**

FREE Winter Playgroup, Let's Play Together!

(For parents with children birth-4 years old)

**Most Mondays (No class, January 21<sup>st</sup> or February 18<sup>th</sup>)**

**Time: 10:30-11:45 am**

With the cold weather here, let your little one come and burn off some energy, while you meet new friends. Healthy snacks provided for the little ones.

Cost: Donations Appreciated (will be used towards new toys, crafts and healthy snacks)

## **Relatives Raising Children Group**

All are welcome! Meetings are held at the South Windsor Community Center the last Tuesday of every month from 10:30 am to 12:00 pm. Topics may include discipline, guidance, parenting children with special needs, financial management, stress management and legal issues.

**Next Meeting: January 22<sup>nd</sup> and February 26<sup>th</sup>**

Kindly RSVP to Kelly McKenney, at 860-648-6361 EXT. 320 or

[kelly.mckenney@southwindsor.org](mailto:kelly.mckenney@southwindsor.org)

## SWAN Parenting Workshops and Activities

Find out the latest information about child growth and development, stress management, positive discipline, communication, the teen years, and many other issues related to parenting. Our Parent Educator offers a variety of educational workshops as well as individual consultations and home visits that can help parents feel better about themselves and the roles they fill. Consultations and home visits are **FREE**.

To register for workshops or schedule an appointment: contact Kelly McKenney at 860-648-6361 Ext. 320 or [Kelly.McKenney@southwindsor.org](mailto:Kelly.McKenney@southwindsor.org). Programs located at the Community Center, 150 Nevers Road, South Windsor.

### **Below are Friday night events at the Teen Center for Middle School aged students**

**6pm to 9:30pm**

**SAFE. SUPERVISED. SUBSTANCE FREE.**

**Parent must come in for drop off and pick up**

To register or for more information any Teen Center program, contact Liane Lussier Smith at [liane.lussiersmith@southwindsor.org](mailto:liane.lussiersmith@southwindsor.org)

#### **JANUARY EVENTS**

- 1/4 Game Night
- 1/11 Popcorn & a Movie
- 1/18 Wii Dance Off
- 1/25 Tournament & Trivia Fun!

#### **FEBRUARY EVENTS**

- 2/1 Cookie Decorating
- 2/8 Valentines Day Fun!
- 2/15 Arts & Crafts for Random Acts of Kindness
- 2/22 Foosball Tournament



**Youth & Family Services  
Staff**

**Director:**

Liz Langevin, LMSW

**Teen Center Program**

**Coordinator:**

Liane Lussier Smith, LCSW

**Parent Educator/**

**SWAN Coordinator:**

Kelly McKenney, LMSW

**School Outreach**

**Specialist:**

Kathy Reed

**Youth & Family**

**Counselor:**

Robin Lagasse, LCSW

**Youth & Family**

**Counselor:**

Sarah Soboleski, LCSW



## SCHOOL OUTREACH CORNER...

### SWHS Students Against Destructive Decisions (SADD) Club

The Club, which has about 75 students, organizes prevention activities throughout the year. In Nov/Dec they focused on 3 important projects.

1. They held a **SOCK DRIVE** asking students and staff to donate socks (or money to purchase socks) for people in local homeless shelters. Socks are often the #1 needed item for people of all ages. They **collected 246 pairs** of socks to donate!

~Thank you SWHS~

2. They also worked on the **LIQUOR STORE PROJECT**. A sub-committee reached out to local liquor stores asking for permission to decorate bags with messages about being safe this holiday season. Then the entire club **decorated hundreds of bags**. The messages included reminders about not drinking and driving, not giving alcohol to minors and staying smart each time they get in the car. The activity is a great community service project for the group.  
~We appreciate the support of local businesses~

3. They organized **SADD MAKES YOU HAPPY DAY** at SWHS. This day was created by the group about 4 years ago as a way to honor those who lost their lives at Sandy Hook. Each year on Dec. 14<sup>th</sup>, the students choose to show kindness and caring to all staff and students. They baked lots of homemade treats for the staff, gave flowers to the cafeteria staff, wrote positive affirmation sticky notes for people to take, handed out candy canes and hid secret bags of money.  
~ They wanted to remind us all that kindness matters.

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## FRIENDS & VALENTINE'S Night @ the Teen Center

**DATE: Valentines Night 2/14/2019 6:00-9:00pm**

Open for High School Students ~  
food, music, cookie decorating and desserts!

**COST: \$5.00 per person**

Register by 2/13/2019 by signing up in the  
Teen Center, or email

[liane.lussiersmith@southwindsor.org](mailto:liane.lussiersmith@southwindsor.org) or call 860 648-6360