

Colchester Youth and Social Services

Upcoming Youth Services Activities

In order to register for any Youth Services program, a registration form and payment in the form of cash or check made payable to “Colchester Youth Services” must be received in our office located in the Town Hall, Suite 205. Our office hours are Monday through Friday from 8:30am to 4:00pm. Spots cannot be held without payment and parent signature. Registration forms can be found at our office, or on our website www.colchesterct.gov/youth under “Current Programs and Registration”. Registration forms and their payment can also be mailed or left in the drop box located to the left of the Town Hall entrance in an envelope clearly marked for Youth Services. Any further questions can be directed to youthservices@colchesterct.gov or [\(860\) 537-7255](tel:(860)537-7255).

Fun, Food, and a Film

Join Youth Services for a day of fun on Tuesday, February 21st. We will be playing laser tag at Laser Quest, lunch at Five Guys Burgers & Fries, and going to a movie at Metro Movies!! There is no better way to spend a day off from school! The trip will leave Town Hall at 9:00am and return at 4:00pm. This trip is for students in grades 6-12 and costs \$38. (You'll want to bring a little extra spending money if you want snacks at the movies.) Registration form and payment is required to register.

Collaborative Problem Solving Parenting Workshop:

Are you parenting a behaviorally challenging kid? At your wits end? Maybe you've tried it all and you're still struggling?

Join us for a 4-part workshop that will introduce Collaborative Problem Solving (CPS), a strengths-based approach that brings new ideas and new hope for helping kids with behavioral challenges. Challenging kids typically lack the skill, not the will, to behave well – specifically skills related to problem solving, flexibility and frustration tolerance. The CPS approach avoids the use of power, control and motivational procedures and instead focuses on building helping relationships and teaching skills by teaching parents and kids how to resolve chronic problems collaboratively.

This program will be facilitated by Think:Kids certified parent mentor Divinna Schmitt, M.Ed.

Wednesdays, March 1,8,15,22,29*(*optional support) from 6-8 pm at the Cragin Memorial Library. There is no cost to attend and will include free dinner and childcare. Please call [\(860\)537-7255](tel:(860)537-7255) or email youthservices@colchesterct.gov to register.

Babysitting Safety Course:

Colchester Youth & Social Services is offering a Babysitting Safety Course for youth 11 and older. The course will be held at the Colchester Town Hall on the Tuesdays; March 7, 14, 21, 28, April 4 and 25 from 5:00-6:30pm. Attendance is required for at least five of

the classes to complete the course. It is also required that a parent attends the graduation program during the last class.

Students will learn the basics of babysitting safety including information on home alone safety during the 9 hour course. This course is designed to give students the time to understand the material and the opportunity to review that information throughout the duration of the course. Each student will receive an age-appropriate folder, a Sitter's Note Pad and a card stating that they have completed the course. Classes include role-playing and other hands-on activities.

This course is being taught by Mindy Johnston who has been teaching babysitting safety throughout the area for the past 34 years, having instructed more than 3300 boys and girls. The cost of the program is \$60 per child. Class size is limited. A registration form and payment in the form of cash or check are required to guarantee placement, forms can be found on our website www.colchesterct.gov/youth. For more information contact youth services at [\(860\) 537-7255](tel:8605377255) or youthservices@colchesterct.gov

Open Youth Center:

Open Youth Center provides a safe, drug and alcohol free drop-in center for middle school aged kids. The Youth Center is a great space where kids feel safe and comfortable and have the opportunity to "just be kids" for a while. While at the Youth Center, we hope that they feel connected to one or more of our staff members and look to us as role models and sounding boards, should they need that. Open Youth Center is staffed by our full-time program coordinators as well as 4 part time youth center supervisors.

During Open Youth Center, kids can have a snack, play pool, air hockey, video games, basketball and more. We also have crafts, spaces to relax, and a reading/homework area. Weather permitting, we offer organized activities on the Green.

Please remember, attending the Youth Center is a privilege and kids are required to be respectful of staff, their peers, and the equipment. Pre-registration is not required, but is very helpful. You can download a registration form from our website at www.colchesterct.gov/youth. Otherwise, forms can be completed on the first day, then mailed home for signature and then returned to us.

The hours for Open Youth Center are:

Grades 7 & 8: Mondays

Grades 6: Wednesdays

Time: 2:00pm – 4:00pm

Please contact Youth Services at [860.537.7255](tel:860.537.7255) or youthservices@colchesterct.gov if you have any questions or concerns about Open Youth Center.

School Based Food Banks:

Did you know that there is a free food pantry located in CES, JJIS, WJJMS, Bacon, and Alt Ed?! Colchester Youth and Social Services has implemented school based food pantries to help support our kids who might be going without adequate food outside of school. The pantry is stocked with non-perishable food, personal hygiene items, and school supplies for them to take home or use as they need to. Kids do not have to qualify to use the pantry, just talk to a teacher, nurse, social worker, or school counselor and they will set up a time for a confidential visit. For more information or questions, contact Youth and Social Services at [\(860\) 537-7255](tel:(860)537-7255) or youthservices@colchesterct.gov.

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