

FOR IMMEDIATE RELEASE

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Town of Colchester

Youth & Social Services

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Colchester Youth and Social Services

Register for our programs online at www.colchesterct.gov/youth-social-services

2nd Annual Community Wellness Fair & Farmer's Market- April 28th

Join Colchester Youth Services as we promote wellness in our community on Sunday, April 28th from 11am -2pm at William J Johnston Middle School. This year, we are adding a Kid's Business Expo too! There will be service providers and local businesses on hand to provide educational opportunities for every age group. Hands on booths and lots of free stress relief Take-Homes will be available, as well as free chair massages and Yoga. For the kids, there will be free inflatables, a creative canvas class, yoga sessions, and kids cross fit!

We are welcoming Trooper Kate Cummings back to Colchester and you won't want to miss her presentations on Social Media Safety. Additional breakout sessions by UCFS, Project Courage, Collaborative for Colchester's Children, and Paige Dest of BYODestiny will be available throughout the day and are sure to educate and enlighten teens, parents, and community members. Childcare will be available for those who want to participate in the breakouts. Go to www.colchesterct.gov for all the details.

Youth Force Group

Youth Force Group is a community service group for middle school students. Youth will decide at the beginning of the session what causes they are most passionate about, and from there, they will form the projects they want to work on throughout the group. Members will have fun working together to make a positive change in their community. Meetings will be held on Tuesdays, from April 23rd – June 11th, from 2:15-4:00 pm at the Youth Center. Regular attendance is required.

Wireless Wanderers

Wireless Wanderers is an after-school program for middle school students that provides youth the opportunity to take part in activities tech-free. Kids can learn what it feels like to have fun without screens! Each week, we will participate in various activities including hiking, yoga and more! This group will run every Thursday from April 25 – June 6, from 2:15-4:00 pm.

Chill Skills

Does your child feel overwhelmed and like their worries are too big? Do they struggle to find ways to calm down? Chill Skills is a six-week group for middle school students who experience feelings of anxiety. Chill Skills will focus on five methods of healthy relaxation that the members can utilize when they're feeling stressed out. This group will meet on Thursdays starting April 25th until May 30th. Chill Skills is free, open to students in grades 6th-8th grade and takes place at the Youth Center after school until 4pm. To register, visit our website at www.colchesterct.gov.

Open Youth Center

Time: 2:00pm – 4:30pm

Grades 7 & 8: Mondays

Grades 6: Wednesdays

Fee: None

In addition to full time Youth Services' staff, 3 part time staff members also help to supervise Open Youth Center. After-school snacks are provided and we also offer air hockey, crafts, pool table, outdoor games, WiiU, Xbox, homework help, and more! Join us for some extra special themed weeks which give the chance to dress up, compete for prizes, and so much more. You do not need to pre-register to attend the Youth Center. Students will receive instructions for online registration at their first visit, they must be registered online to attend again. Registration can be found at www.colchesterct.gov/youth. Please give us a call if you have any further questions or concerns about Open Youth Center.

For further information on any of our programs contact:

Colchester Youth and Social Services at (860)537-7255 or youthservices@colchesterct.gov