

# Ellington Youth Services

## SEASONAL NEWSLETTER



### About

**ADDRESS:**

31 Arbor Way, P.O. Box 187  
Ellington CT, 06029

**OFFICE HOURS:**

Monday 8:30am-6:00pm  
Tuesday- Thursday  
8:30am-4:00pm  
Friday 8:30-1:30pm

**PHONE:**

(860)-870-3130

**WEBSITE:**

[youth.ellington-ct.gov](http://youth.ellington-ct.gov)



### Staff

**DIANE LASHER-PENTI, LMFT**

Director  
[dpenti@ellington-ct.gov](mailto:dpenti@ellington-ct.gov)

**KRISTEN HARP**

Assistant Director  
[kharp@ellington-ct.gov](mailto:kharp@ellington-ct.gov)

**KAYLA CONDRON**

Prevention Coordinator  
[kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov)

**JESSICA MAITLAND**

Program Coordinator  
[jmaitland@ellington-ct.gov](mailto:jmaitland@ellington-ct.gov)

## #EYSCARES

Ellington Youth Services has been in existence for over 20 years. Our mission is to provide programs and services that help Ellington youth connect to their families, schools, peers and community.

The staff of Youth Services is here to support and assist children from birth to 18 years old through many life transitions.

We provide programs that strengthen and develop essential life skills needed to succeed in many challenges facing the youth of today.



# Pop Up Classes

The dates & times listed below are reserved for classes being taught with Ellington High School student-helpers! The potential programs will include: arts & crafts, obstacle courses, game nights, building with Lego bricks, mindful movements, scavenger hunts, theatre games, book walks, and family movie nights. Visit the EYS website to find out what class will be held for each date. An updated calendar and updated flyers will be posted on our social media pages beginning in June!



## MORNING SESSIONS (10:00-11:00am)

Tuesday, June 21  
Thursday, July 7  
Wednesday, July 13  
Tuesday, August 2  
Thursday, August 11  
Wednesday, August 17  
Monday, August 22  
Tuesday August 23  
Wednesday, August 24

## AFTERNOON SESSIONS (3:00-4:00pm)

Thursday, June 23  
Wednesday, June 29  
Thursday, July 7  
Wednesday, July 13  
Tuesday, July 19  
Wednesday, July 20  
Tuesday, July 26  
Thursday, July 28  
Wednesday, August 3  
Tuesday, August 9  
Monday, August 15  
Monday, August 22  
Tuesday August 23  
Wednesday, August 24

## SPECIAL SESSIONS

**POP UP AND PIZZA**  
Monday, June 27  
5:30-7:00  
  
**POP UP AND PIZZA**  
Thursday, August 18  
5:30-7:00

## FAMILY DAYS/NIGHTS

**FAMILY PIZZA AND  
MOVIE**  
Thursday, June 16th  
7:00-9:30pm  
  
**FAMILY KINDNESS  
ROCKS**  
Wednesday, June 20th  
10:00-11:00am

ALL PROGRAMS OPEN FOR REGISTRATION ON [ACTIVENET](#)

## Community Events



**May 21st 2022**

**10:30am-12:30pm // Center School Playground**

Come to this community wide wellness event, for ALL ages. Fun activities, prizes, refreshments, community resources, and more!

We are looking for the community to get involved in this event, if you would like to volunteer, have a booth, or help with planning please contact Kayla at [kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov)



## Parent Workshops

### TAKE THE TIME: A PARENT TRAINING SERIES

This training series was created after the creation of our Parent Discussion Guide – that covers a variety of important discussions for parents to have with their teens. We have gathered a group of local professionals to present on these topics to further education Ellington's parents for free!

To register for a presentation please email Kayla at [kcondron@ellington-ct.gov](mailto:kcondron@ellington-ct.gov)  
Upcoming Presentations:



#### **SUPPORTING LGBTQ/GNCT YOUTH**

April 25  
6:00-7:30pm  
Ellington Senior Center



#### **MENTAL HEALTH 101**

May 9th  
6:00-7:00pm  
Ellington Senior Center



## Incoming Kindergarten



Safety Town teaches different safety topics such as fire & bike safety. The kids will also get the opportunity to meet community helpers!

**July 12-14**  
**9am-12pm**  
**Crystal Lake School**  
**\$40**



Ready Set Kindergarten is a great program for kids to meet new friends and learn skills needed to start the new school year off right. You will sign up your child for the school they will be attending in the fall.

**Center School**  
**July 18-22**  
**9am-12pm**  
**\$50**

**Crystal Lake**  
**July 18-22**  
**9am-12pm**  
**\$50**

**Windermere**  
**July 25-29**  
**9am-12pm**  
**\$50**



## Incoming Preschool



Incoming preschoolers have the chance to learn and play in the Crystal Lake School Preschool Classrooms. An EYS instructor will lead a two-hour version of a preschool day; imagine crafts, making friends, snack, routines, circle-time, etc. This is an opportunity for incoming preschoolers to learn what to expect at their first year of school!

**July 11-15**  
**9:30-11:30 AM**  
**\$40.00**  
**10 spots available**

# Community Outreach

To learn more about our community outreach initiatives visit:  
[youth.ellington-ct.gov/community-awareness](http://youth.ellington-ct.gov/community-awareness)



## Mission

*Ellington Unified in partnership with Ellington Youth Services believes that everyone can have a sense of belonging within our community by connecting families, schools, and others through activities, advocacy, and support. Our hope is to strengthen the Ellington community for youth with disabilities & their families.*

Follow us  
on Facebook!



## WHAT WE ARE OFFERING!

### Bowling at Sparetime

Friday July 22

Time TBD

Register: email [ellingtonunified@gmail.com](mailto:ellingtonunified@gmail.com)

### Horseback Riding Camp Program

Hickory Farm  
50 Harrington Rd  
Broad Brook, CT 06016

*We will provide mounted and unmounted activities. Horsemanship, horse care activities, arts & crafts and more.*

### Forest Park Zoo

Friday August 12th

10:00 am

Register: email [ellingtonunified@gmail.com](mailto:ellingtonunified@gmail.com)

July 18th-21st  
9:00-12:00pm

To register please call 860-849-3868  
Only 8 slots available Sign up now!



## LOCAL SUMMER FUN!

*Choosing a camp can be a personal and difficult process, every child is different, so not every camp is right for you child. When choosing a camp, be sure to ask lots of questions about the resources and programs, and clearly explain the needs of your child. Don't limit yourself to camps that work specifically with disabled children, many are willing to work with you to allow a 1:1 Nurse or Aid to attend with your child, but you may have to pay extra for that.*

### INCLUSIVE SUMMER CAMPS

#### Camp Horizons

South Windham, CT  
[www.horizonsct.org](http://www.horizonsct.org)  
Ages 8 and up

#### Holiday Hill Day Camp

Mansfield Center, CT  
[www.holidayrecreation.com](http://www.holidayrecreation.com)  
Grades PK4-8th  
5:1 Ratio, 1:1 Ratio options

#### Channel 3 Kids Camp Ashley's Place Program

Andover, CT  
[www.channel3kidscamp.org](http://www.channel3kidscamp.org)  
Overnight or Day camp  
3:1, 2:1 and 1:1 ratio options

### DISABILITY FRIENDLY ATTRACTIONS

#### Six Flags New England

Agawam, MA  
Certified Autism Center  
Safety and Accessibility Guide  
Personal Care Attendant Program  
[www.sixflags.com/newengland/plan-your-visit/accessibility](http://www.sixflags.com/newengland/plan-your-visit/accessibility)

#### Lake Compounce

Bristol, CT  
Line Skipping for those unable to wait in long lines  
Wheelchair accessible rides and attractions  
[www.lakecompounce.com](http://www.lakecompounce.com)

#### Connecticut Science Center

Hartford, CT  
3D Movies equipped with Ultra Phonic® assisted listening system  
Sensory Friendly Days  
[www.ctsciencecenter.org](http://www.ctsciencecenter.org)

#### Kidcity

Middletown, CT  
Wheelchair accessible exhibits  
Quiet rooms available  
[www.kidcitymuseum.com](http://www.kidcitymuseum.com)

### ENTERTAINMENT

#### Chuck E Cheese

Manchester, CT  
Offers Sensory Friendly Time on the 1st Sunday  
[www.chuckecheese.com/sensory-sensitive-sundays/](http://www.chuckecheese.com/sensory-sensitive-sundays/)

#### Cinemark

Manchester and Enfield, CT  
Private Theater "Party"  
[www.cinemark.com/private-events](http://www.cinemark.com/private-events)  
Discount Family Friendly Movies find locations, times and movies at  
[www.cinemark.com/movie-news/articles/summer-movie-club-kid-friendly-movies](http://www.cinemark.com/movie-news/articles/summer-movie-club-kid-friendly-movies)

#### AMC Sensory Friendly Films

Danbury and Plainville, CT  
Family Friendly movies

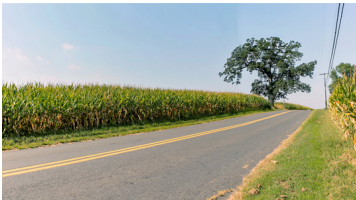
## Community Outreach



A Ellington High School student has created...

### ***The Ellington Adventure Challenge***

It is a thrilling puzzle hunt adventure where you search all over the town of Ellington for clues that all fit together into one extensive narrative. You can solve the puzzles by yourself, or you can get together with some friends or family to complete the challenge!



The Challenge will be running throughout the whole 2022 summer! Keep on the lookout for more information coming soon!

Find more information:

[www.ellingtonadventure.com/](http://www.ellingtonadventure.com/)

[www.facebook.com/groups/1381770768680122](https://www.facebook.com/groups/1381770768680122)



## CHANGE THE GAME



We are starting a campaign designated to mental health in 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!

Change the Game is what we are calling the campaign. The logo you see above will be associated with anything the Change the Game group does! We are building Change the Game into the mental health campaign EYS already has called Speak Free.

Some 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](mailto:jmaitland@ellington-ct.gov)

## Support Services

Contact EYS at (860) 870-3130 if you are interested in any of these services.



This program provides a safe space for a teen to learn all things healthy-relationship-related. The individual will learn things like boundaries and self-care. This is an environment that will be geared towards the individual's wants & needs through interactive activities & a non judgmental space.

We also have a State Certified Sexual Assault Counselor and Advocate, here to help with referrals, resources, advocacy, and support.



We have an on staff Licensed Marriage and Family Therapist who specializes in anxiety, depression and trauma, she has extensive training in CBT, mindfulness, motivational interviewing, play therapy, adventure based therapies, suicide assessments and interventions, substance use assessments and interventions including smoking/vaping cessations programs.



A trained tobacco specialist will help an individual with the journey of becoming nicotine free. EYS is dedicated to helping our youth and teens quit with individualized guidance. Everyone may have different reasons why they started and continue to use. With individualized guidance, we can help you deal with cravings and withdrawal, understand triggers, and learn tools to help cope with anxiety, stress, and or depression.



Miss Maitland from EYS has prepared mindful movements (yoga) that expose kids to important skills in positive-playful-ways! Mindfulness is: pausing the ever going busyness of life, having friendly attention to everything you do, exploring your inner world! Mindfulness is a muscle to strengthen.



This is a science-based addiction support group where we learn self-empowering skills and support each other in our recovery. No matter what your addiction, SMART Recovery can help you change.



## Coming this Fall

Fall is quickly approaching, and we are getting ready! We will be offering our evening programs, parent trainings, mental health services and substance misuse services, community outreach opportunities, and more!

We always love to hear from the community, please reach out with your wants and needs for the upcoming season.



EYS Alliance is an Ellington Youth Service student based group offering high school students the opportunity to develop critical leadership tools by connecting the youth to the community through education, awareness, and service.

If you are interested in joining in the upcoming school year contact Kristen [kharp@ellington-ct.gov](mailto:kharp@ellington-ct.gov)



We envision a community where youth actively strive to foster diversity and inclusion. We connect youth of all ages through programs, events, and activities. Why? Because it's time for Ellington to be it's very best.

If you are interested in joining in the upcoming school year contact Diane [dpent@ellington-ct.gov](mailto:dpent@ellington-ct.gov)



# Stay up to date



*with Ellington Youth Services!*



## 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

