



THE BUBBLE

A monthly Newsletter from
Holliston Youth and Family Services

Current Happenings

COME HANG OUT @ THE SOCIAL SPOT

WATCH A MOVIE
PLAY MINUTE TO WIN IT GAMES
ENJOY PIZZA & SNACKS
HANG OUT WITH FRIENDS

FRI NOV 8TH 5-8 PM

@ HYFS
1760 Westington Street
Holliston MA
(Same building as Parks & Rec)

FOR MORE INFORMATION, CONTACT JACKIE AT (508) 429-0620

11/8 THE SOCIAL SPOT FOR TWEENS AGES 10 TO 12 YEARS OLD

Calling all Tweens (10 to 12 year old) ... Come one, come all. The Social Spot is your place to meet-up with friends, watch movies, play games, and eat lots of yummy snacks. Parents should pre-register by calling Jackie at 508-429-0620.

Parenting Support Group

Do you have a strong-willed child? Are you at your wits end and don't know how to manage your child's often intense and challenging emotions and behaviors?

This group is open for parents of children around the ages of 2 to 12 years old. We meet on the second Saturday of every month, beginning on Saturday September 14th at Holliston Youth and Family Services. Our fee is \$20 per month, including materials. To register please email Emily Wing at emilywinglicsw@gmail.com.

About Me

I am Emily Wing, a Licensed Clinical Social Worker and parent of two young children. I have been a parent for over 15 years and have experienced the challenges of raising a strong-willed child. I have been fortunate to work with many parents in my professional capacity and I would like to share my experiences and provide support to other parents who are struggling with similar challenges.

CONTACT INFO:
Phone: 508-429-0620
Email: emilywinglicsw@gmail.com
Holliston Youth and Family Services | 1760 Westington Street | Holliston, MA 01939

11/9 PARENTING SUPPORT GROUP WITH EMILY WING, LICSW

November Parenting Group with Emily Wing, LICSW on Saturday, Nov. 9th, from 2 to 3:30pm at Holliston Youth and Family Services. Parents should pre-register by Emailing Emily at emilywinglicsw@gmail.com

HDAAC
Holliston Drug and Alcohol Awareness Coalition Presents

An Evening of Spreading Hope and Building Resiliency

HDAAC invites members of the community to the gallery opening of the Natick Opioid Art Project: Changing Perceptions Through Art and Story Telling. Meet face members of our community that have been impacted by the opioid epidemic, join community faith leaders for an enlightening prayer service, connect with others in our community dealing with their own or a loved one's substance use disorder, and find comfort in the knowledge that you're not alone.

WEDNESDAY, DECEMBER 4, 6PM TO 8PM
HOLLISTON PUBLIC LIBRARY

Admission is free and the event is open to all. For more information, please contact the Holliston Drug and Alcohol Awareness Coalition at www.hollistonma.gov.

12/4 AN EVENING OF BUILDING HOPE AND SPREADING RESILIENCY

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Spotlight Topic

TAKING CARE OF YOUR MENTAL HEALTH DURING THE HOLIDAY SEASON

BY KIRSTEN RACNOURT, COMMUNITY THERAPIST

The holiday season is approaching and this often brings about feelings of gratitude, joy, thankfulness and excitement. It is also very common for us to experience feelings of overwhelming stress, grief, loss, depression and/or anxiety – what may be referred to as the “holiday blues.” Different from clinical anxiety or depression, the holiday blues are temporary. But it is still important to acknowledge how common it is to feel this way during the holidays, and take steps to protect ourselves and our mental health from the negative effects, which include fatigue, tension, frustration, loneliness or isolation, sadness and a sense of loss.

The National Alliance on Mental Illness (NAMI) offers the following tips to help avoid the holiday blues:

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation. Don't drink alcohol if you are feeling down.
- Get exercise – even if it's only taking a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.

Monthly Highlights

Holliston Mill Open Studios

What: Please join these artists on the weekend of Nov. 2nd & 3rd when they open their studio doors to the public for their annual Open Studios show and sale!

When: Nov 2nd & 3rd 11am to 4pm

Where: 24 Water St, Holliston, MA

Please join members of Diverse Holliston for Community Conversation: Holliston's Indigenous Legacy

What: Native Education Specialist Annawon Weeden, a member of both the Mashpee Wampanoag and Mashantucket Pequot tribal communities, will present "First Light Flashback", the story of his community's history and legacy. Through the lens of Mr. Weeden's perspective we will discuss the truth of Holliston's indigenous and colonial legacies, and how to honor and preserve the richness of indigenous history and culture.

When: Tues. Nov 12th, 6 to 8:30PM

More Info: Goodwin Room, Parks and Recreation, Holliston, MA

Holliston Happenings

Holliston Stroll--Drop in Craft

What: The Holliston Stroll is a yearly tradition in town in which the downtown is transformed into a magical place for shopping, entertainment, and activities for the kids. Pop in at the Holliston Library and get out of the cold for crafts with the kids.

When: Sunday Nov. 20th 12pm to 4pm

Where: Holliston Public Library

More Info: For a full list of downtown activities please check social media for updates.

Parenting Support Group with Emily Wing, LICSW

What: Come join Emily Wing, LICSW and other parents in the MetroWest area for our next parenting support group. This group is open for parents of children around the ages of 2 to 12 years old. Emily will help parents navigate through the many ups and downs of parenting. Topics include childhood anxiety, parenting self-care, and effective strategies for managing challenging behaviors.

When: Saturday Nov 9th 2pm to 3:30pm at Holliston Youth and Family Services

Where: There is a \$25/person fee for each group session. Please email Emily directly to register at emilywinglicsw@gmail.com

Recurring Events

Holliston Drug and Alcohol Awareness Coalition (HDAAC) Meetings

What: Join this group from HDAAC for anyone interested in substance prevention strategies in Holliston.

When: Tue, Nov. 12th at 6:30pm

More Info: Meetings happen at Holliston Youth and Family Services at 1750 Washington Street in Holliston, MA

Other Events

Special Olympics Developmental Sports Program

What: For children ages 6-12 years old with and without intellectual disabilities. Special Olympics Massachusetts' Developmental Sports is an extension of the Young Athletes program, and focuses on a variety of sport specific skills that children can use in future team participation.

When: Southborough, MA, September 14th – November 16th, 2019

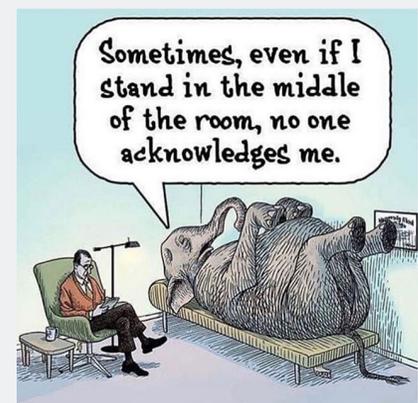
More Info: For more information, visit please complete the online registration form at this [link](#): Or contact Eric Archambault, Program Operations Manager, Special Olympics Massachusetts, eric.archambault@specialolympicsma.org

Work Well, Live Well: Workshop for Parents & Caregivers of Special Needs

What: Free workshop for parents and caregivers. Presented by: Sukie Bansal-Roberts, DDS Trainer, Central-West Region. It is important to take care of yourself while taking care of others. Embark on a journey of self-discovery and exploration of personal health and wellness.* Learn how to maintain a well-balanced lifestyle for lifelong habits that will improve your emotional, physical, spiritual, and mental health. It's about enjoying yourself while promoting healthy resilience in a busy life.

When: THRIVE Support Agency, Marlborough, MA, Tuesday, 10am to 12pm, November 5th, 2019

More Info: To RSVP or for more information visit www.facebook.com/events/578992252640401/ or contact Michael Diggins, mdiggins@icanthrive.org, 508-485-4227 x1004



COMMUNITY CORNER

Multi-Service Eating Disorders Association: 4 Tips for Maintaining Progress in Binge Eating Disorder (BED)

by Sarah White, MSW intern

- **Meet yourself where you're at:** you might be at a place in your recovery where you can attend all of the holiday functions and benefit from exposing yourself to former binge-foods while remaining binge-free. You may also be at a point in your recovery where being surrounded by holiday delicacies is not manageable for you. And that's OKAY!
- **Practice self-compassion:** we get it, self compassion is NOT easy! But it can also be the cure to shame and self-judgment. If you slip up and have a binge (or a few), instead of beating yourself up, talk to yourself as if you were a close friend. Remember, you are SO much more than your eating disorder!
- **HALT: are you Hungry? Angry? Lonely? Tired?** If it's the holidays, you can probably say yes to all of these questions. Make sure you take a moment to "HALT" when feeling vulnerable to a binge:
 - **Hungry?** Eat a nutrient-dense snack like a fruit/ veggie/ or protein. If you're still hungry, eat another. Wait 10 minutes, and then ask yourself if you're just "belly hungry".
 - **Angry?** Turn up the music loud in your car and sing at the top of your lungs. Punch a pillow. Do whatever helps you to release your anger in a way that does not involve pushing your anger down with food.
 - **Lonely?** Reach out for support. Text a friend. FaceTime a family member. Call your therapist. Pet your dog. It's a lot easier to successfully make it to the end of the holiday season with someone by your side to cheer you on.
 - **Tired?** REST! Yes there is a lot to do during the holiday season, but you will not be able to complete all of these tasks and maintain your recovery unless you are taking time to rest. Your body and mind can only handle so much without time to reenergize.
 - **Do Self-Care:** when you are taking care of yourself and feeling good, you are less vulnerable to bingeing or utilizing other self-harming behaviors. Make time and space for YOU this holiday season. Eat regularly throughout the day. Buy yourself a holiday gift that brings you joy. Make yourself a cup of warm apple cider. Nap by the fire. Walk through the fallen leaves. You deserve it!

Remember that "normal" eating is flexible eating. You are not a good person for eating Brussels sprouts, and you are not a bad person for eating pumpkin pie. All foods fit. It is normal to occasionally overeat, and if you do overeat, it does not mean that you need to punish yourself with restriction the next day. Eat breakfast like you normally would and continue holding your eating disorder recovery torch high!

Source: <https://www.medainc.org/4-tips-for-making-it-through-the-holidays-binge-free/>



Holiday Resources

By Kirsten Rancourt, Community Therapist

Financial Assistance:

- Holiday Dreams Foundation
 - Email: holidaydreamsfoundation@gmail.com
 - Tel # 949.689.3011
- Community Action Fund
 - <https://hollistoncommunityaction.org/>
- The Pantry Shelf, Holliston MA
- SMOC, <https://www.smoc.org/energy-and-financial-assistance.php>
- Salvation Army Good Neighbor Fund,
 - <http://www.magoodneighbor.org/assistance.html>
- MASS 211, <https://mass211.org/>

Grief and Loss:

- Jeff's Place, <https://jeffsplacemetrowest.org/>
- Hello Grief, <http://www.hellogrief.org/>

Mental Health and Substance use:

- William James Interface Referral Helpline,
 - <https://interface.williamjames.edu/>
- MA Substance Use Treatment & Recovery Services Helpline
 - Mon-Fri 8am-10pm, Weekends 8am-6pm, helplinema.org
 - 1.800.327.5050
- Advocates Psychiatric Emergency Services. If you or a loved one is experiencing a mental health or emotional crisis, please call 1.800.640.5432 to speak to an a day.

Call 2 Talk
We're here to listen.
508-532-2255
OR TEXT C2T TO 741741



Call2Talk is a program of Mass211. Powered by your local United Way.

Local Resources

Metro West and Surrounding Towns

- **United Way Summer Food Program**
- **Community Action Fund**
- **Holliston Pantry Shelf**
- **Veterans Services**
- **Parent Advisory Council (SEPAC)**
- **Holliston Senior Center**
- **Holliston Special Education**
- **Massachusetts Opioid Addiction Resources**
- **Learn to Cope**
- **Springwell services for seniors**
- **Multi-Service Eating Disorder Association of Massachusetts**
- **OUT Metrowest for LGBTQ Youth**
- **Federation for Children with Special Needs**
- **Baypath Elder Services**
- **Massachusetts Youth and Young Adult Addiction Treatment**



"BE" home for the Holidays Mindfulness Exercise By: Jackie Winer, LICSW

A Personal Mindfulness Exercise focused on Breathing: This exercise is used as a tool to help you pay attention to your breath, as a means to stop "doing" and move into simple "being". This way of being with the breath as it flows in and out enables a deeper and richer connection with life itself, moment by moment. Take time (any where from a few breaths to 5 minutes or longer) to do this exercise.

1.) **Step 1: Release.** Exhale and blow out of your mouth as if you are blowing out a candle.

2.) **Step 2: Calm.** After a sequence of these (be it 5, 10 or 20) take a big, deep inhale where you expand your middle; keep your shoulders still. With each breath: slow down more, close your eyes and switch to your nose. You can choose to do this to a certain breath count (i.e. in for five counts, out for five counts). For a boost: Hum on the exhale, which stimulates your vagus nerve to calm you further.

As thoughts or emotions arise, just observe them. It will be as though you are watching a cloud passing in the sky. This will give you a big-picture view of situations in your life. By observing without reacting to the thoughts and emotions that come to the surface, you are better able to handle them and see a solution.



To Learn more or to make a referral to one of our programs, contact Program Director Jaclyn Winer, at telephone number 508-429-0620 or by email at Winerj@holliston.k12.ma.us

HYFS is located at 1750 Washington Street. The office is handicap accessible, and accessible by The Rail Trail.

Hours:

We are open Monday to Friday, and offer flexible Scheduling which includes evening appointments and Saturdays per staff availability