

HYFS NEWS AND HIGHLIGHTS

A MONTHLY NEWSLETTER FROM HOLLISTON YOUTH AND FAMILY SERVICES

Current Happenings at HYFS

Counseling Program

Did you know we provide **FREE** confidential services, individual, group and family counseling, parent consultation, crisis intervention and support, information and referral, Advocacy, Court Diversion, Community Education, Programs, activities and more!

Court Diversion

The Court Diversion Program offers an alternative path to prosecution for first time youth offenders. **To learn more visit: [Court Diversion Program](#)**

Interface Referral

Short-term, solution focused therapeutic approach to supporting families in the therapeutic referral process.

Find us on Facebook!



SPOTLIGHT ON...



2018 Summer Programming

TAKE ADVANTAGE OF OUR **FREE** SUMMER OFFERINGS.
To learn more: call the program at (508-429-0620) or email Jackie at winerj@holliston.k12.ma.us



“Surviving The Summer” Parent Drop-In Group Parents Do you have a child with school phobia, anxiety, difficulties making and keeping friends, difficulty following rules and limits at home, eating difficulties, depression? Please join us for a

support group for parents of children and adolescence (Preschool through high school) with similar issues. Every Monday, 6-7pm at Holliston Youth and Family Services. Group will run the course of summer vacation, starting Monday June 25th. Free and open to all caregivers. Confidential. Registration not necessary. To learn more, email Jackie at winerj@holliston.k12.ma.us



Open Studio, Expressive Arts Group for Middle School Girls Starting Thursday July 12th and running the course of summer break from 3-4:30pm. This is a great opportunity for social skill building in a warm, and inviting

environment. This would also be a perfect match for your young girl who is needing extra support as they transition to middle school. Register ahead of time by emailing Jackie at winerj@holliston.k12.ma.us

Pictures from the Community Wellness Festival on June 2nd 2018



HY&FS News and Updates

Recurring events:

Holliston Drug and Alcohol Awareness Coalition (HDAAC)

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

When: Next meeting, June 19th at 630pm.

More Info: Visit [HDAAC](#) for more information.

S.A.F.E Coalition MA; Healing Hearts Support Group

What: S.A.F.E. is a coalition of community partners who have come together to provide support, education, treatment options, and coping mechanisms for those affected by substance abuse disorder.

When: Every Thursday 7:00 – 8:00pm

2nd floor of the Franklin YMCA

T: (508) 570-6996

E: Healingheartscircle@gmail.com

\$1 Friday Nights at Boston Children’s Museum

What: Every Friday evening families can enjoy the entire Boston Children’s Museum for \$1. The museum includes an Art Studio, Construction Zone, and more.

When: Friday nights from 5:00 – 9:00 PM

Where: Boston Children’s Museum, 308 Congress Street, Boston

More Info: Visit <http://www.bostonchildrensmuseum.org/visit/target-1-friday-nights-sponsored-target>

Spring/Summer Programming Parks and Rec

More Info:

Visit http://www.townofholliston.us/sites/hollistonma/files/file/file/spring_summer_2018_v6_final.pdf

Monthly Highlights:

Summer Concert Series

What: Summer concerts organized by Holliston Parks and Rec. Dept. & Sponsored in part by The Newcomers & The Lions Clubs

When: First summer concert on June 26th 6:30PM-8:00PM

Where: Goodwill Park



FREE FUN FRIDAY'S June 29th 2018

Lyric Stage Company of Boston, performance of *The Wiz*. More information available at <https://lyricstage.com/>

MIT Museum
Berkshire Theater Group, performance of *You're a Good Man Charlie Brown*. More information available at <https://www.berkshiretheatregr oup.org/on-our-stages/theatre/814-you-re-a-good-man-charlie-brown-revised/>

Nantucket Whaling Museum

The Mount: Edith Wharton's Home

Concord Museum

Worcester Art Museum

Clark Art Institute

Children's Museum in Easton

Edward Gorey House

Community Happenings:

Chess Time in Holliston

What: Open to all! Learn chess, or find a partner to play!

When: Monday June 11th 6pm-7pm

Where: Holliston Public Library

Lego Club

What: This is a FREE event for ages 5-12 yo

When: Tuesday June 12th 4pm-5pm

Where: Holliston Public Library

Free Football Clinic with New England Patriots

What: Clinic with Patriot's player Patrick Chung

When: June 23rd from 9am-1pm

Where: Westwood High School

More Info: Event is free: Space is limited. Must register by June 15th
Contact Westwood Rec Dept. at (781)461-0070.

Other Events:

Confident Body, Confident Child Program (CBCC)

What: Parenting strategies to promote positive body image, healthy eating, and physical activity in children 2-6yo.

When: Session 1- Tue June 5th and 19th 6-8pm

Where: MEDA office, Newton, MA.

More info: Questions about the CBCC program, email education@medainc.org

Learn to Cope Conference-Knowledge is Power

What: Conference for families struggling with addiction

When: Sat., June 16th --Worcester Poly Tech Institute

More info: Register here <https://www.learn2cope.org/knowledge-is-power-conference/>

Camp COSA

What: Week long summer programming for children living with the stress of alcohol and/or other substance use disorders at home or within the family.

When: July 16- July 20th

Where: Laboure Center, 275 West Broadway, South Boston MA

More Info: For Children 8-16 yo. For more info or to sign up contact Maureen McGlame at (617)272-5039

LOCAL RESOURCES

United Way summer food program

<https://www.uwotc.org/>

Community Action Fund

<http://hollistonbusinessassociation.com/hba/node/268>

Holliston Pantry Shelf

<http://www.hollistonpantryshef.org/>

Learn to Cope

<https://www.learn2cope.org/join-us.php>

Massachusetts Youth and Young Adult Addiction Treatment

<https://www.samhsa.gov/find-help/national-helpline>

Massachusetts Opioid Addiction Resources

<https://www.mass.gov/protect-your-kids-from-prescription-drug-misuse>

Federation for Children with Special Needs <https://fcsn.org/>

OUT Metro West for LGBTQ youth outmetrowest.org/

Holliston Special Education Parent Advisory Council (SEPAAC)

<https://www.facebook.com/HOLLISTONSEPAC/>

Holliston Senior Center

www.townofholliston.us/senior-center

Multi-Service Eating Disorder Association of Massachusetts, Medainc.org

Other Events:

IEP & 504 Plan Legal Workshops

What: Strengthen your schools IEP and 504 Plan and Process. Geared towards school district personnel and families, attorneys, and advocates.

When: June 11th 9am- 4:30pm

Where: Fairfield Inn and Suites, New Bedford, MA.

More info: Visit nbi-sems.com to register

Full Day Training with Charlie Applestein, MSW

What: No such thing as a bad kid: Understand and respond to kids with emotional & behavioral challenges using a positive, trauma informed, and strength-based approach

When: June 16th

Where: Natick, MA

More Info: Foster and Adoptive Parents come for Free! Email Charlie at charlieap@comcast.net to register

Storytime at Showcase Cinema de lux: Cat in the Hat

What: Patriots place offers a FREE weekly event for kids and their parents.

When: Every Tuesday at 11am

Where: 24 Patriots Place, Foxboro MA 02035

Toy Story Adventure Pop-Up

What: Pizza Party and team activity

When: Sat June 16th 11am- 12:45pm

Where: SkyRise Studio Westborough, MA

More info: Must register at form.jotform.com \$22 per child, \$20 for siblings, Adults are free.

Father's Day Shirt Pillows Sewing

What: Bring a shirt of your dads and upcycle into a fun pillow to give him for father's day.

When: Monday June 11th 330pm-530pm

Where: Sew Studio-Southboro- 155 Boston Road

More info: Cost \$50



SURVIVING SUMMER VACATION

3 TIPS FROM LICENSED SOCIAL WORKER AND DIRECTOR OF HOLLISTON YOUTH AND FAMILIES, JACLYN WINER.

Ah—the sweet taste of summertime is upon us. Longer days, no school, and hours upon hours of free time at home. Kids wait all year long for this moment. Yet for parents of children with special needs, summer is usually the time of year they dread the most.

During summer breaks, kids who depend on the structure and containment of school quickly wear out their parents with their need for predictable and consistent routines. All day. Every day. All parents know this feeling, no matter what your child's extra special ability is.

As parent you can usually make two safe predictions: Your child is likely to get bored often and easily, and they are almost as likely to become demanding of your time, attention, and patience. The way to manage summers lack of structure is to strike a balance between free time and planned time. Use these tips to help you light your way.

1. **Continue your child's medication, therapy, or other helpful routines that work for them during the school year.** If it worked, and kept everyone happy, why make a change? Even during the summer months, children need structure to feel secure and have a sense of what to expect. A simple weekly calendar of events lets your child see what's coming.
2. **Take a break for yourself and rely on your supports.** Summer should also be a time to relax. Try not to over schedule yourself. This is a great time to regroup. Show kindness to yourself. Self-care is so important to keeping your energy up, and letting the small stuff roll off your back.
3. **Seek out opportunities for your child to volunteer in order to build skills and boost their self-esteem.** Take advantage of summer recreational and educational opportunities. Children with special needs want to do well, and they want you to be proud of them. Finding opportunities to utilize their strengths is key all year 'round

So go ahead and schedule some activities, then get out of the way and let your child do what comes naturally!

To learn more or to make a referral to one of our programs contact Program Director Jaclyn Winer at Telephone number, 508-429-0620

The following events are a great way to provide that structure, and keep things fun During the Summer months (Adapted from spedchildmass.com.)

Floor Hockey for special Needs,

www.playtga.com/plymouthcounty

Special Needs Soccer in Avon, www.dits.org/register

'SUDS' Sensory & Disability Friendly Performances,

<https://goo.gl/forms/fiLpFocCvtyXeQHz2>

Button Wood Park Zoo Special-Needs

Event, www.community-autism-resources.com/events/events-twilight-tour.php

Holliston-Breezy Hill Farms, 508-429-6233. Offers those with developmental and social delays horseback riding and therapeutic interventions.