

# HYFS NEWS AND HIGHLIGHTS

A MONTHLY NEWSLETTER FROM HOLLISTON YOUTH AND FAMILY SERVICES

## Current Happenings

### Counseling Services

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

HY&FS partners with the Holliston Police Department and the Middlesex District Attorney's office to provide young adults a second chance, and an alternative path to prosecution for first time youth offenders. **To learn more about participation in this program go to: [Court Diversion Program](#)**

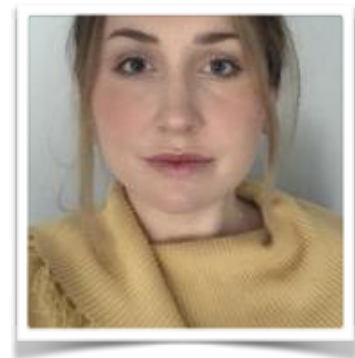
### Groups

We offer drop in programs for youth and parents, educational and skill building groups, DBT, CBT, and specialty groups to address our clients needs.



## SPOTLIGHT ON... HYFS Intern

*Joanna  
McNulty*



HY&FS is thrilled to welcome Joanna McNulty, our graduate intern for the 2018/2019 school year! Joanna is a Masters of Social Work student at Simmons College.

**What do you like to do to relax?** I like to draw, write or really do anything creative in my free time. I also love to hang with friends and catch live music.

**Where is your happy place?** My happy place is getting a cup of good coffee and finding a nook at a bookstore where I can read for a few hours.

**Whats your hidden talent?** My hidden talent is my ability to make people laugh in uncomfortable situations.

**Whats one thing about your that surprises people?** One thing that surprises people about me is that I lived in Italy for 6months doing a painting program.

**Welcome to Holliston Joanna! We are so excited for the year ahead!**

## New Faces at Holliston Youth and Family Services

**Court Diversion Coordinator/  
Community  
Therapist**



**Christine Scafidi** has spent the last twenty years

*between public schools and higher education. As a school and college admission counselor, she has worked with countless students and families as they navigate their way through high school. As a former Director of School Counseling for both Framingham and Stoughton Public Schools, her focus is on social and emotional health, as well as college and career readiness, and how that looks different for every child. Christine is also on the Reach Higher Massachusetts State Leadership Team. Reach Higher works to encourage all students to pursue some form of higher education after high school, regardless of what it looks like. Christine has also taught psychology and counseling at the undergraduate and graduate levels at Lasell College and Bridgewater State University. She holds a Bachelor's degree in Communication, a Master's degree in Education in School Counseling, and a CAGS in Mental Health Counseling, all from Suffolk University.*

## 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: Tuesday, October 9th at 6:30pm

More Info: Meetings happen at the Fire Station in Holliston

### 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

More info: (508) 570-6996 or by email at [Healingheartscircle@gmail.com](mailto:Healingheartscircle@gmail.com)

### Fall Programming Parks and Rec

More Info: Visit [http://www.townofholliston.us/sites/hollistonma/files/file/file/fall\\_2018\\_v4\\_o.pdf](http://www.townofholliston.us/sites/hollistonma/files/file/file/fall_2018_v4_o.pdf)

### LGBTQI+ Coalition

What: For non-profit partners, schools, and community supports to come together and be a part of our work with Metrowest LGBTQI+ Youth and Young Adults

When: The LGBTQI+ Coalition will meet every other month. Next meeting is October. Date to be announced.

Where: 1 Frederick Abbot Way Framingham MA

More Info: Questions? (508) 808-3910

## Monthly Highlights

### Celebrate Holliston

What: An annual tradition in Holliston and a celebration the whole family will enjoy.

When: Saturday, September 22nd. Parade begins at 9am, the fun continues from 10am to 3pm

Where: Downtown Field Day, Goodwill Park.

### Special Town Meeting, high school auditorium

What: Get involved in local government. Warrants are posted ahead of time at [www.townofholliston.us](http://www.townofholliston.us). Many bills will be voted on pertaining to Marijuana, and other

## LOCAL RESOURCES

### United Way Summer Food Program <https://www.uwotc.org/>

### Community Action Fund

[http://](http://hollistonbusinessassociation.com/hba/node/268)

[hollistonbusinessassociation.com/hba/node/268](http://hollistonbusinessassociation.com/hba/node/268)

### Holliston Pantry Shelf

[http://](http://www.hollistonpantrysshelf.org/)

[www.hollistonpantrysshelf.org/](http://www.hollistonpantrysshelf.org/)

### Learn to Cope

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

### Massachusetts Youth and Young Adult Addiction Treatment

[https://](https://www.samhsa.gov/find-help/national-helpline)

[www.samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

### Massachusetts Opioid

[Addiction Resources https://](https://www.mass.gov/protect-your-kids-from-prescription-drug-misuse)

[www.mass.gov/protect-your-kids-from-prescription-drug-misuse](https://www.mass.gov/protect-your-kids-from-prescription-drug-misuse)

### Federation for Children with Special Needs

[https://](https://fcsn.org/)

[fcsn.org/](https://fcsn.org/)

### OUT Metro West for LGBTQ Youth

[outmetrowest.org/](http://outmetrowest.org/)

### Holliston Special Education Parent Advisory Council (SEPAC)

[https://](https://www.facebook.com/HOLLISTONSEPAC/)

[www.facebook.com/HOLLISTONSEPAC/](https://www.facebook.com/HOLLISTONSEPAC/)

[TONSEPAC/](https://www.facebook.com/HOLLISTONSEPAC/)

### Holliston Senior Center

[www.townofholliston.us/](http://www.townofholliston.us/senior-center)

[senior-center](http://www.townofholliston.us/senior-center)

### Multi-Service Eating

[Disorder Association of](http://www.mediainc.org)

[Massachusetts, Mediainc.org](http://www.mediainc.org)

community projects.

When: October 29, 2018 at 17:30pm @ High School

## Holliston Happenings

### Pumpkin Decorating: ages 3 and up

What: Get into the fall spirit with pumpkin decorating at the Library. Bring a pumpkin to decorate. All pumpkins will be on display at Celebrate Holliston!

When: Thursday, September 20th

More info: Sign up at the Children's Desk or by calling (508) 429-0619

## Community Events

### Chill Skills 6 week girls group

What: For girls ages 12-14, this group will teach mind body skills and techniques to manage stress, anxiety, and to feel better, and have fun.

When: Tuesday October 2nd \*FREE CLASS\* from 2:45-4:30pm.

Where: Hopkinton Wellness Collaborative, 6 Church Street, 2nd floor.

More info: Pre-register by contacting group facilitator, Mary Green at 774-278-0801 or via email at [mary.green2@comcast.net](mailto:mary.green2@comcast.net)

### The Body, Confident Child Program

What: Multi Eating Disorder Association (MEDA) is offering a Confident Body Confident Child (CBCC) program. Ideal participants are parents or caregivers of children ages 2-6 years old.

When: October 9th, 11th, and November 29th (more dates to follow)

Where: MEDA offices

More info: The cost for each session is \$55. For more info visit [mediainc.org](http://mediainc.org)

### Adult Adapted Aquatics in Greater Boston

What: For adults with special needs ages 22 and older. Weekly swimming classes adapted to the needs of adults with physical challenges. Taught by a certified Adapted Aquatics Instructor, the class offers exercise and socialization to swimmers and non-swimmers in an accessible and supportive environment.

When: September 24th-December 10th 2018

Where: JCC Greater Boston

More info: [www.bostonjcc.org/explore-our-programs/specialneeds](http://www.bostonjcc.org/explore-our-programs/specialneeds) or



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

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.



**Find us on Facebook!**

[facebook.com/HYFSholliston/](https://facebook.com/HYFSholliston/)



You are reading the Second Edition of Holliston Youth and Families Newsletter. In order to get the word out about the array of services we provide, we have decided to do a newsletter once a month.

In this newsletter you will find information about what's been happening in our Department. It's also a good way to stay in touch about what is needed in our schools and community in these ever changing times. If you haven't checked in with us lately, I think you will be surprised and excited about all the wonderful things happening every day at our program. We welcome your feedback, and hope you will visit us at our program to learn more!

In every issue there will be a 'spotlight' topic to highlight different programming we can offer. In addition we will try to pull in community resources for children and families in need, as well as announcements and upcoming events for students and faculty.

If you have any questions, suggestions, or concerns please address them to Jaclyn Winer at [Winerj@holliston.ma.edu.org](mailto:Winerj@holliston.ma.edu.org)