

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 Attorneys 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... Back To School Resources.

Mark your calendars! Opening Day for Teachers is Aug 27th 2018, and opening day for students is Aug 28th, 2018.

To visit the school calendar go to <http://www.holliston.k12.ma.us/home/about/school-year-calendar>

Workshop: Getting Kids Ready for back to school!

What: This workshop will offer tips and suggestions to help ease the "Summer to School" transition and promote a successful school experience.

When: Tue. Aug 14th at 12pm and Thur. Aug 23rd at 6pm

Where: 88 Lincoln Street, Framingham, MA

More Info: To RSVP contact Ann Killion at 508-469-3207 or ann_killion@waysideyouth.org

Metrowest Area Parent Support Group

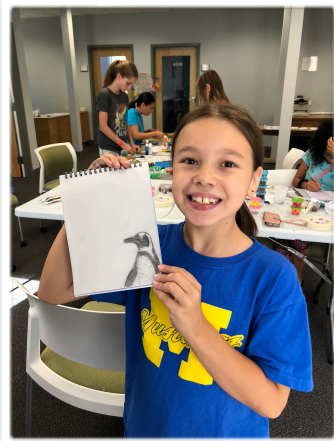
What: Parent group developed specifically for working the collaborative problem solving approach at home with your kids.

When: Wednesdays, 7pm to 8:30pm

Where: Framingham Public Library (Downtown Branch)

More info: Contact facilitator Lisa Bilotta, bilo207@aol.com

Summer Fun at Drop In Group on July 19th!



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: Meetings will resume in September

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

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

Spring/Summer Programming Parks and Rec

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

Summer Concert Series: Aug 10th, Aug 17th, and Aug 24th

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

When: Tuesdays from 6:30PM-8:00PM

Where: Goodwill Park

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.hollistonpantrysshelf.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 (SEPAC) <https://www.facebook.com/HOLLISTONSEPAC/>

Holliston Senior Center

www.townofholliston.us/senior-center

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

Holliston Happenings

Holliston PTO Back-to-School Breakfast

What: Help organize a welcome breakfast for teachers and staff by donating breakfast items and/or gift cards.

When: You can drop items off on Sunday, August 26 between 9am-8pm at pre-determined locations.

More info: To volunteer and learn more about the drop off locations please visit <https://www.signupgenius.com/go/4090c4aaaa828a5fe3-holliston2>

Pop-Up Farmers Market

What: Christ the King Lutheran Church is partnering with the Holliston Agricultural Commission's Holliston Farms Day as part of their annual God's work. Our hands. Celebration in serving the Holliston Community.

When: September 9th 10a-2p

Where: Christ the King Lutheran Church, 600 Central St, Holliston, MA

More info: All collected vendor fees will be contributed to ELCA's World Hunger Global Farm Challenge

Library Play Group

What: A meet-up group for young families. Ages 0-5

When: Aug 17th and 24th at 10:15am

Where: Holliston Public Library

Community Events

Adaptive Kayaking at Cochituate State Park, Natick

What: The state of MA DCR Universal Access program offers adaptive and accessible kayaking in state parks. Paddlers and lifeguards go out together as a group, and move at the pace of the slowest paddler.

When: Aug 6, 13, and 20th 9:45am-3:15pm

Where: 43 Commonwealth Rd, Natick, MA

More info: The costs for most programs are \$5 or \$10

"Beyond the Spectrum" Art Classes for teens 13-18

What: For teens with Autism Spectrum and Aspergers Disorders. Focus is on specific art topics and incorporates discussion, critical inquiry, and sketching in the galleries

When: Aug 18th

Where: Boston, Museum of Fine Arts

More info: <https://www.mfa.org/programs/gallery-activities-and-tours/beyond-the-spectrum-teen-studio-5>



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

HYFS is located at 1750
Washington

Street, the office is handicap
accessible, and accessible by
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/HYFSolliston/

BACK TO SCHOOL TIPS

Back-to-school season is an exciting opportunity for a fresh start, but it can also be overwhelming. Holliston Youth and Families will have what you need front and center to help your family through the transition of going back to school.

Here are some pointers to help calm your child's fears (and your own) .

1. Meet the new teacher. For kids, one of the biggest back to school fears is 'Will I like my new teacher?' Breaking the ice early on is one of the best ways to calm everyone's fears. Teachers welcome emails and phone calls before school starts. If you think your child will be reluctant to separate, it's very helpful to have someone that your child has already met for a handoff in the morning.
2. At least one week before school starts start your child on a school-day routine—waking up, eating, and going to bed at regular times.
3. Enlist the help of your kids to plan lunches for the week, create a school supplies list together, and plan for some fun back to school shopping.
4. Arrange play dates with one or more familiar peer before the school year starts. Research shows that the presence of a familiar peer during school transitions can improve academic and emotional adjustment.
5. Back to school anxiety is totally normal. Try to strike a balance between validating the feelings and problem solving. Kids need tools to deal with the hard stuff. Start by saying, 'Let's think of some ways you can manage that situation if it happens.' This gives you the opportunity to coach your child through the scary situations. Role plays are also a great way to help increase your child's independent living skills.

**Lastly we want to thank Holliston Teachers, and Staff
for helping to make back to school efficient and
successful for all students and parents. It takes a village,
and this village is one that we are all lucky to be apart
of!!**