

Addendum	The Ellington Connection - Youth Services Programs Phone: 860-870-3130 email dpenti@ellington-ct.gov www.youth.ellington-ct.gov We have many exciting programs happening this fall. Please check out our website (new one coming soon) and watch for our flyers.	Fall 2013
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Program	Dates	Times	Ages	Fee	Location
	Join us on Friday, September 20 to meet the leaders and learn more about the program	6:30 pm	7th and 8th grade girls	N/A	Deer Valley Town Homes Clubhouse 155 Windermere Ave
	“Just Girls”, a program lead by high school girls, provides an opportunity for middle school girls to come together to learn about and share ideas on a wide range of topics (with guest speakers) including Finding Your Own Style, Healthy Snacking, Social Media Dos and Don’ts, and Skin Care in a relaxed, and fun environment with a goal of cultivating self-confidence, self-respect, and self-worth. The program is sponsored by Ellington Youth Services. Watch for flyers at school!				
The Journey Adventure Program	Tuesdays and Thursdays, beginning September 24 (4 weeks)	after school to 4:30 pm	6th grade boys and girls	N/A	Windermere School
	A two day a week program for 6th grade students that teaches responsibility and respect for self, others and surroundings. A program designed to empower the youth in a positive way. During each session they will have great fun attaining skills such as: Creative problem-solving, decision making, relaxation techniques for stress reduction (which helps with focusing and creating peace within oneself), building cooperation, teamwork and trust.				
Choices For Boys	Wednesdays, beginning September 25 for 6 weeks	5:30-6:30 pm	3rd and 4th grade boys	\$25	to be determined
	Fun and active time playing games and learning important life skills. Weather permitting we will be outside. The skills being focused on are: Communication, gaining self-confidence, control and dealing with emotions, learning how to appropriately express yourself.				
Choices For Girls	Thursdays beginning September 26 - October 31	5:30-6:30 pm	3rd and 4th grade girls	\$25	Center School
	For six evenings, girls will have a fun and active time playing games and learning important life skills. The skills being focused on are: Communication, gaining self-confidence, coping and controlling ones emotions, learning how to deal with peer pressure and relaxation and breathing techniques to de-stress.				

New Exciting Partnership between Youth Services and Arts from the Heart Studio

Spirit Girls: Core Yoga Practices for Peace and Well Being	Sundays (8 weeks) Beginning date to be determined	4:00-5:00 pm	Ages 12 - 16 girls	\$100	Arts from the Heart Studio 12 Main Street
	Designed for girls between the ages of 12 and 16, this 8 week course introduces girls to the fundamentals of yoga practice. Girls will learn breathing exercises that encourage peace and relaxation and reduce stress, fundamental yoga poses that encourage self-awareness, health and can be used to deal with life’s ups and downs. Registration includes a journal and yoga mat. Instructor: Alyssa Benedict, MPH, Yoga Practitioner, Reiki Master and mother to three little yogis. To register go to www.artsfromtheheart.net				
The Art of Parenting	Come learn about ways to nurture and grow healthy children and families ~Nutrition, massage, yoga, music, meditation. We are welcoming local practitioners into the studio to share what they do and how we can incorporate it into our family life. For more information, contact Jane at tcmusictogether@comcast.net or 860-338-3038				