



SOUTHBOROUGH YOUTH AND FAMILY SERVICES

STRENGTHENING OUR COMMUNITY BY SUPPORTING ITS FAMILIES



2017 Fall/Winter Programs

Office Location: 42 Central St Southborough, MA

Mailing address: 17 Common St Southborough, MA

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www.southboroughtown.com/youth-and-family-services

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OVERVIEW OF SERVICES

Southborough Youth and Family Services (SYFS) is a department for the town of Southborough and a human service resource for the community. We support the youth, families, and individuals of Southborough and develop programming to foster a caring community.

- Professional and confidential counseling for all ages.
- Support groups on topics such as parenting, grief, divorce, and social skills.
- Referral support to outside providers and programs.
- Connection to resources for families experiencing financial hardship.
- Prevention programming for youth.
- Community events aimed at cultivating a cohesive community and providing opportunities for family togetherness. Community service and volunteer opportunities are available.

Contact us with questions about any of these services.

Our Staff



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Director

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Meaghan McCarthy, MHC

Assistant Director

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Ryan Hebert

Counseling Psychology Graduate Intern

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Kayla Sims

Counseling Psychology Graduate Intern

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PROGRAM REGISTRATION INFORMATION

HOW TO REGISTER FOR PROGRAMS: Online, fax, mail in, or drop off

Online registration

www.southboroughtown.com/youth-and-family-services/webforms/program-registration-form-2017

Fax Registration

Make hard copy from the back of this program and fax to:
(508) 229-4469

Mail in Registration

Make hard copy from the back of this program and mail to:
Southborough Youth and Family Services
17 Common St
Southborough, MA 01772

Drop off Registration

Make hard copy from the back of this program and drop it off in the black mailbox attached to our building, Fayville Hall, at 42 Central St. Southborough, MA

Registration for Fall/Winter Programs begins **August 1, 2017**.
Deadline for Fall/Winter registration is **September 29, 2017**.

Space is limited in all programs.
Confirmation of enrollment will be sent home.

Cancellations: Our programs align with the school calendar. We do not meet during school vacation weeks or holidays. If schools are closed, scheduled SYFS programs held in schools are also cancelled. Cancellations due to inclement weather will be announced via the email address you provide. We reserve the right to cancel a program for any reasonable cause. You will be notified if your program is canceled; otherwise plan on attending.

Registration for SYFS programs is for Southborough residents only!
Programs with low enrollment will be canceled.
PLEASE REGISTER EARLY!!!!

STRESS MANAGEMENT CLASSES

SYFS staff and graduate-level interns will be offering 10-week stress management classes at some of the schools.

Topics discussed will include:

- Development of coping skills
- Building a new relationship with stress
- Time Management
- Achieving success and reaching goals at school and at home
- Creating positive peer relationships

Class schedules for Fall/Winter are as follows:

	Before School	After School
FINN	Tuesdays 8-8:45am at Finn with Kayla Sims 10/17/17-12/19/17 Program Code: SMC.1	Thursdays 3:10-4pm at Finn with Sarah Cassell 10/12/17-12/21/17 Program Code: SMC.2
WOODWARD	Wednesdays 8-8:45am at Woodward with Kayla Sims 10/11/17-12/20/17 Program Code: SMC.3	Wednesdays 3:10-4pm at Woodward with Kayla Sims 10/11/17-12/20/17 Program Code: SMC.4
NEARY		Mondays 2:30-3:20pm with Sarah Cassell 10/16-12/18 Program Code: SMC.5 <small>*students must be picked up from school at 3:30pm</small>
TROTIER	<u>Boys class</u> Tuesdays 7-7:55am with Ryan Hebert 10/17/17-12/19/17 Program Code: SMC.6	<u>Boys Class</u> Tuesdays 2:30-3:20pm with Ryan Hebert 10/17/17-12/19/17 Program Code: SMC.7 <small>*students must be picked up from school at 3:30pm or be engaged in another afterschool activity with a teacher until the late bus at 3:50pm</small>
	<u>Girls Class</u> Wednesdays 7-7:55am with Meaghan McCarthy 10/11/17-12/20/17 Program Code: SMC.8	<u>Girls Class</u> Wednesdays 2:30-3:20pm with Meaghan McCarthy 10/11/17-12/20/17 Program Code: SMC.9 <small>*students must be picked up from school at 3:30pm or be engaged in another afterschool activity with a teacher until the late bus at 3:50pm</small>
ALGONQUIN		<u>Boys Class</u> 10/12/17-12/21/17 Thursdays 2-2:45pm at Algonquin with Meaghan McCarthy Program Code: SMC.10
		<u>Girls Class</u> Tuesdays 2-2:45pm at Algonquin with Sarah Cassell 10/17/17-12/19/17 Program Code: SMC.11

Space is limited! To register for any of these classes, please follow the instructions on the third page of this program guide.

PROJECT FRIEND

Project Friend is a multigenerational program that brings community members of all ages together. Each group pairs individuals from two age groups to form a friendship. Participants are matched one to one according to age, gender, personality, and interests. All pairs meet at the same scheduled time and are supervised and coordinated by SYFS staff. Pairs will enjoy activities such as arts, crafts, games and discussion. Training is provided for the “older friend” in each pairing.

Check out Project Friend in action by viewing our promotional video: <https://www.youtube.com/watch?v=XIPb4GxQQRE>

Project Friend meetings are as follows:

GROUP	A		B		C	
	This group utilizes recreational activities to facilitate relationship building between the pairs. “Older friends” will learn social skills that will help them to build a relationship with a younger child. The “younger friends” will benefit from the special undivided attention of their “older friend.”		This group offers more training to the “older friend” in each pairing focusing on skills to be a positive role model and mentor for their “younger friend.” The “younger friend” benefits from the relationship with a positive role model and the opportunity to interact with their same age peers with that support present.		This group has a community service focus where pairs work together to give back to the Southborough community by working on service projects. Training is provided for the “older friend” on how to utilize the relationship with the “younger friend” as a protective factor and preventative measure.	
GRADE/AGE	YOUNGER FRIEND	OLDER FRIEND	YOUNGER FRIEND	OLDER FRIEND	YOUNGER FRIEND	OLDER FRIEND
	K-1 st grade *Must apply	7-8 th grade *Must apply and attend info session	2-5 th grade *Must apply	9-12 th grade *Must apply and interview	6-12 th grade *Must apply	18 y.o + *Must undergo CORI check and interview
FREQUENCY OF MEETINGS	Weekly		Weekly		Twice a Month	
MEETING DAY	Tuesdays		Wednesdays		Wednesdays	
MEETING TIME	3-4pm	3-4:30pm	6-7pm	5:30-7:30pm	3-4pm	2:45-4:15pm
MEETING LOCATION	Finn School 60 Richards Rd Southborough		The Senior Center 9 Cordaville Rd Southborough		The Senior Center 9 Cordaville Rd Southborough	
WEEKS AND PROGRAM CODES	HALF YEAR (11/7-2/13) PF.1	HALF YEAR (11/7-2/13) PF.3	HALF YEAR (11/15-2/15) PF.5	HALF YEAR (11/15-2/15) PF.7	FULL YEAR (11/15-5/23) PF.9	FULL YEAR (11/15-5/23) PF.10
	FULL YEAR (11/7-5/29) PF.2	FULL YEAR (11/7-5/29) PF.4	FULL YEAR (11/15-5/31) PF.6	FULL YEAR (11/15-5/31) PF.8		
SYFS STAFF	Meaghan McCarthy and Kayla Sims		Meaghan McCarthy and Ryan Hebert		Sarah Cassell and Shannon Kinayman	
ADDITIONAL INFORMATION	7 th & 8 th grade students can take a bus from Trottier after school to get to Finn. You must let SYFS staff know if you are interested in this option.		Interested students may be able to arrange to take the late bus from Algonquin to the Senior Center and study/do schoolwork at the Senior Center prior to the start of Project Friend. This needs to be arranged with SYFS staff running the program.		Students from Trottier and Algonquin can take a bus from their school directly to the Senior Center after school. Let SYFS staff know if you are interested in this option.	

Space is limited! To register for any of these groups please follow the instructions on the third page of this program guide.

SPECIAL EVENTS



Halloween Party

Cosponsored by SYFS and Southborough Recreation



Friday, October 27th 2017

7-8:30pm

Mary Finn School cafeteria

For children under 12 and their families

Face painting, games, arts and crafts, prizes, treats...

Costumes encouraged!

\$5 per child \$15 max per family

Call us to volunteer!



Presents

IF ONLY

A screening with producer Jim Wahlberg,
Executive Director of the Mark Wahlberg Foundation

Wednesday, November 8th 2017

6-9pm

Algonquin Regional High School
79 Bartlett St Northborough, MA 01532

The evening will begin with a resource fair. The film will be followed by an interactive discussion about drug use and addiction featuring a panel of local experts.

Program Registration Form 2017

Please complete one form per participant.

Ways to register:

- Online registration: www.southboroughtown.com/youth-and-family-services/webforms/program-registration-form-2017
- Copy this form and mail to: Southborough Youth and Family Services 17 Common St Southborough, MA 01772
- Copy this form and fax to: 508-229-4469
- Copy this form and drop it off in the black mailbox attached to our building, Fayville Hall, at 42 Central St. Southborough

Participant Information- person who would like to register for a program

Participant's name:					
Participant's gender:		Date of Birth:		Age:	
School:			Grade:		
Participant's email: (if applicable)			Participant's cell phone: (if applicable)		
Participant's address:					
Allergies/Medical Health Concerns:					
Emotional/Behavioral Health Concerns:					

Participants under 18

Parent/Guardian (1) name:		Parent/Guardian (2) name:	
Parent/Guardian (1) phone:		Parent/Guardian (2) phone:	
Parent/Guardian (1) email:		Parent/Guardian (2) email:	
Parent/Guardian (1) address:		Parent/Guardian (2) address:	

Program participant would like to register for

Program name	Program code

I understand that space is limited in each program and by completing this registration form; I am not guaranteed a spot in the program I am interested in. I also understand that some programs may be canceled due to low enrollment or other circumstances. Confirmation of my participation will follow the registration deadline.

Signature of Participant over 18 or Parent/Guardian