

## Weston Youth Services' October Offerings!

Weston Youth Services is pleased to offer a variety of programs for children of all ages and their families. Our **WOW! programs** for students in Kindergarten through fifth-grade are well underway and our **Sitter Safety classes**, where middle-school students learn the skills necessary to become a responsible babysitter, are about to begin. If your high school student is driving you crazy about driving, he/she can participate in the **All-Star Driver's Education** program held at Weston High School. Please visit our website [www.westonyouthservices.org](http://www.westonyouthservices.org) for more information and registration guidelines.

And we've got plenty for parents! We are continuing our **Tackling the Tough Stuff** series to address common and complex topics including managing and minimizing stress, juggling multiple siblings and schedules, dealing with tragedy and trauma, monitoring media use, and - the most challenging of all - raising healthy and happy children while remaining happy and healthy ourselves! Each month we focus on a particular theme and host several interactive sessions to highlight social, psychological, physical, and educational information and share practical parenting strategies. And most importantly we hope to give parents the tools and the tenacity to tackle the tough stuff, and maybe even see that it doesn't have to be so tough after all.

October's focus: ***Stress & Success***

A little bit of stress can go a long way - pressure, angst, tension, worry, and anxiety impact our physical and mental health, as well as our social, educational, and occupational success. Although stress is inevitable, it doesn't have to be insurmountable! Join us this month as we talk about how to diagnose, deal, and diminish stress in our children's lives, as well as our own.

- ***The A,B,C's of Stress***
- Thursday October 10th  
12-1:30 pm - A light lunch will be provided!
- Town Hall Annex Conference Room
- Raise Awareness of the stressors in your and your children's life, learn how to Buffer their impact, and identify the Consequences for your thoughts, feelings, and behaviors. Join Michelle Albright, PhD, Director of Youth Services, for a primer on how to recognize and remedy stress
- ***Resilience: I'm not sure what it is, but I know I want more of it!***
- Wednesday October 23rd
- 12-1:30 pm - A light lunch will be provided!
- Weston Public Library Community Room
- Everyone talks about resilience, but what does it really mean and how do we foster it in our children and ourselves? Join guest speaker, Barbara Greenberg, PhD, and Michelle Albright, PhD, for a discussion on how to build character, conscience, and confidence in our children.

And this year Weston Youth Services is also introducing our own parenting book club - **Words of Wit and Wisdom** - to learn how peers and professionals experience parenting, and share some literacy and laughter. We'll discuss books, articles, and blogs, and see who we are inspired and enraged by. Don't feel obligated to have read everything or anything, but do feel welcome to come and chat.

Our first meeting will take place Thursday October 17th from 7-8:30 pm in the Weston Library Community Room. In keeping with our theme of the month we will be discussing How Children Succeed: Grit, Curiosity, and the Hidden Power of Character by Paul Tough and Teach Your Children Well by Madeline Levine, as well as several other articles and blogs on stress and resilience. Visit our website for some excerpts and discussion questions!

Please email [malbright@westonct.gov](mailto:malbright@westonct.gov) or call 203-222-2585 to RSVP to any of the upcoming sessions. Programs are open to all parents and caregivers and there is no fee to attend.

And we are also collaborating with the community to provide more socially- and educationally-enriching opportunities for children and families.

- ***Trunk-and-Treat***
- Thursday October 31st
- 5 – 7 pm
- Weston Intermediate School
- Why trek a long driveway when you can simply step parking spot to parking spot? Celebrate Halloween with candy from cars as we continue the tradition without (hopefully!) a hurricane.
- Co-sponsored by Weston Youth Services, Weston Women's League, and the Weston Intermediate School PTO. To register visit <https://docs.google.com/forms/d/11BzxtnWAGVF5omDkYWUSY9515xP1kT5ACxN534lSSxA/viewform>