

WELLNESS EVENTS + FAMILY FUN CONT.

BUSHY HILL NATURE CENTER CAMP OPEN HOUSE • May 11

Bushy Hill Day Camp fosters a child's curiosity and love for nature in a responsible, caring, and non competitive manner. For over 30 years they have been sharing the natural world with children of all ages. Visit the Open House to learn more about camp (ropes course, hiking, tracking, swimming, identification) and take some time to explore of the beautiful natural surroundings.

PEQUOT-SHERWOOD CAMP OPEN HOUSE • May 4, 11, 18, 25 10:00-2:00pm

Pequot Sherwood Day Camp is part of Incarnation Camp, the longest running co-ed camp in the United States. They've been offering an authentic camp experience since 1886! Visit Saturdays in May to learn more. Scholarships are available for local families.

SHOBAYSHI SHORIN-RYU INTRO TO MARTIAL ARTS FITNESS • May 13

Instructor Tammy Marino will introduce teens and adults to basic karate techniques, conditioning exercises, self-defense awareness, non-contact kickboxing skills and target & shield drills. Chester Town Hall, 6:15-7:15. Call 860-526-0013 or email parkrec@chesterct.org to register for \$5 (payable to Tammy Marino).

ONRUST: AT THE CONNECTICUT RIVER MUSEUM • Opening Mid-May

The Connecticut River Museum is pleased to welcome back Onrust, for a second season of sailing on the Connecticut River! Onrust is a replica of Adriaen Block's vessel- one of the first western style ships built in the New World.

YOGA, ALL LEVELS WELCOME • May 14, 21

This yoga series, sponsored by Chester Parks & Recreation and Gather for Wellness, is a perfect introduction for anyone new to yoga, and a convenient class for local residents in need of a weeknight stretch and mental reset. Chester Town Hall, 6:00-7:00 pm. \$10 per class, payable to instructor Annette Babeck.

SUPPORT THE TRI-TOWN SUBSTANCE ABUSE PREVENTION COALITION!

GIVE BACK WITH POLISHED MEDSPA • May 20-24

Book a Chem Peel at 20% off to celebrate wellness & self-care! Pay \$80, and Polished MedSpa donates a portion of the proceeds to the coalition and enters you in a raffle for another free peel! Contact Lauren at 860-322-4081 or info@polishedmedspact.com.

RESOURCES: PREVENTION + SUPPORT

MENTAL HEALTH AWARENESS DAY LIVE! "SUICIDE PREVENTION: STRATEGIES THAT WORK."

May 6 • Join Tri-Town & The Valley Shore Collaborative for a live broadcast of the Substance Abuse & Mental Health Service Administration's Awareness Day Event at 3:00. This year's focus is the impact suicide has on children, youth, young adults, families and communities. Learn what each of us can do to connect those in need to information, services and supports that save lives. TTYSB, 56 High Street, Deep River. Limited seating, please call 860-526-3600 to register.

COMMUNITY CONVERSATION WITH JOE MARKIEWICZ • May 7

Tri-Town Youth Services will present the findings of its recent Parent and Youth Surveys. National trainer, Joe Markiewicz, will deliver our "Community Report Card" and discuss national trends. We invite all community members to join this important conversation. Celebrate our successes and commit to helping our youth navigate the complicated terrain of marijuana, vaping, depression and suicide. We need YOU to be part of the solution! Riverview Room @ The Lace Factory. 6:00-8:00. Light dinner will be provided.

PRIVATE EVENT: TRI-TOWN SUBSTANCE ABUSE PREVENTION COALITION

SUSTAINABILITY PLANNING • May 8

This year's community breakfast will be a working strategic planning and visioning meeting for TTYSB Staff, Board and Volunteers. National Trainer, Joe Markiewicz, will ask Coalition Members, "Where do you see our prevention efforts in 10-20 years?" Key community stakeholders will identify steps they can take now to ensure that substance abuse prevention and mental health promotion remain a priority in the tri-town area. Camp Hazen, 8:00-9:30 am. Please call TTYSB at 860-526-3600 for more information.

GET INVOLVED + BECOME A CHAMPION VISIT TRITOWNYS.ORG

RESOURCES: PREVENTION + SUPPORT CONT.

TRICIRCLE, INC. HOPE & SUPPORT GROUPS

3rd Monday of each month, 7:00-8:30pm • First Church of Christ in Saybrook
366 Main St, Old Saybrook, CT. These groups provide a safe and confidential space for parents, guardians, and others who are concerned about a loved one's substance use or addiction. All families are welcomed and encouraged to utilize these services at no cost.

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP OF SOUTHEASTERN CT

1st & 3rd Thursdays each month, 6:30pm • Lymes' Youth Service Bureau
59 Lyme Street, Old Lyme, CT. Join hands as we walk on this journey together towards healing, one breath at a time. We are a group of survivors, together to offer support, comfort, and understanding. This group offers a chance to share helpful resources, and to give and receive support through the long grief process. Call to register: Ann Irr Dagle, 860-625-5280 or email btdmemorialfoundation@gmail.com.

OPEN AA MEETING FOR BEGINNERS • Mondays, 7:00-8:00pm • Woodmont Congregational Church

1000 New Haven Ave., Milford

OPEN AA MEETING FOR YOUNG PEOPLE & ADULTS • Thursdays, 7:00-8:00pm • Deep River Congregational Church

AL-ANON MEETING • Wednesdays, 7:00pm • Trinity Lutheran Church
109 Main Street, Centerbrook. For anyone who believes that their life has been affected by someone else's drinking, either today or in the past.

ALA-TEEN MEETING • Wednesdays, 7:30pm • First Congregational Church

(Rear building entrance) 26 Meetinghouse Lane, Madison. For teenagers whose lives have been affected by someone else's drinking, either today or in the past.

NATIONAL PREVENTION WEEK: MAY 12-18

NARCAN TRAINING • May 13

Join us for a free instructional event on how to prevent and recognize an opioid overdose and what to do if one occurs. Participants will be trained in how to administer nasal narcan and receive information on how to obtain narcan. Nasal Naloxone blocks the opioids and restores normal breathing when sprayed into the nose of someone who has overdosed. It is safe, easy to administer, and has no potential for abuse. Deep River Library Community Room, 150 Main St, Deep River at 5:00pm.

ALCOHOL, WHAT'S THE LATEST BUZZ? • May 14

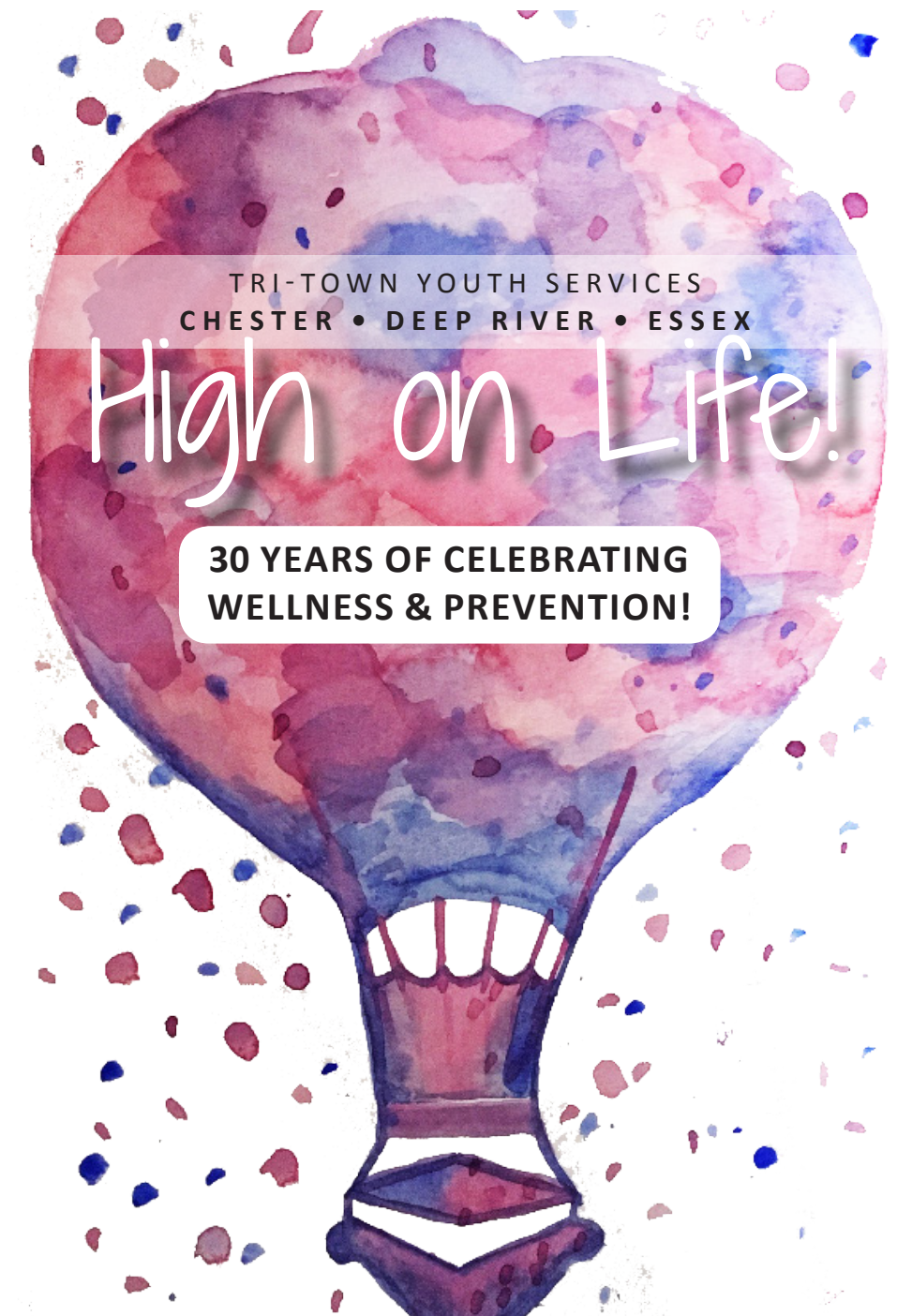
Curious to know what tri-town teens and parents report about alcohol use and perceptions? Interested in what research has to say regarding alcohol use and misuse across the lifespan? Want to learn how to assess if someone you care about is misusing alcohol, and how best to intervene? Join Certified Recovery Coach Rob Bibbiani for an illuminating (and perhaps lifesaving) discussion on "the latest buzz" about alcohol use/misuse and intervention. All ages welcome. Location TBD Please call 860-526-3600 for more information.

HIDDEN IN PLAIN SIGHT & VAPING 101 • May 15

Join us for a free presentation for adults to raise awareness of signs that may point to risky adolescent behaviors. Open to adults only, this program recreates a mock bedroom that parents, grandparents, educators, caregivers, and other adults can explore to identify hidden drug paraphernalia and warning signs associated with teen drug or alcohol abuse. You will learn about such drug trends and signs as concealment areas, hidden containers, clothing, paraphernalia, logos and more. Old Saybrook Middle School, 60 Sheffield St, Old Saybrook. HIPS 5:30-6:30 pm. Vaping 101 6:30-7:30 pm. Light refreshments provided.

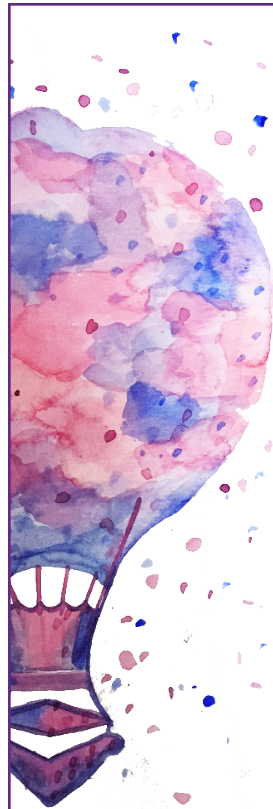
ADOLESCENT SUBSTANCE ABUSE & THE DEVELOPING BRAIN • May 30

Dr. Ruth Potee is a board certified Family Physician and Addiction Medicine Physician at Valley Medical Group in Greenfield, MA. Dr. Potee engages communities in discussions surrounding substance abuse through her wide ranging series of talks. Doors open at 5:30 p.m. Arrive early to explore local resource tables. Light dinner will be provided. Presentation begins at 6:00 p.m. Contact Erica. Skoutas@hhhealth.org to register. Russell Library- Hubbard Room, 123 Broad Street, Middletown.



MAY 2019

30TH ANNUAL TRI-TOWN COMMUNITY CALENDAR



Dear Neighbor,

Sometimes an outside perspective can be very helpful. Thanks to a generous federal Drug-Free Communities Grant, staff and volunteers from the Tri-Town Substance Abuse Prevention Coalition have been able to participate in national conferences and trainings that specifically address adolescent substance use prevention and mental health promotion. We meet other preventionists and learn about creative campaigns and programs that are reducing substance use in other states. We connect with experts in the field and bring many new ideas home.

We're thrilled to kick off Prevention & Wellness Month with a 3-part series with National Trainer and Facilitator, Joe Markez from Building Stronger Communities. Joe is a seasoned community coalition trainer, prevention planner, evaluator and national youth trainer. He will be visiting the tri-town on May 7-8 providing assistance to our community. We start with a presentation of "Our Community Report Card" on May 7 from 6:00-8:00 at the Lace Factory where Joe presents our own local data and national comparison. He'll inspire us with success stories from across the country. Then, on May 8 Joe will lead Prevention Coalition members through a Sustainability Planning Workshop, asking us "What does prevention look like here over the next 10-20 years?" Before he leaves town, Joe will spend an hour at Valley Regional High School, providing leadership training for Youth Action Council members and Peer Advocates. These student leaders have been diving into our Youth Survey Data and identifying the key priority issues that they want to address (vaping is at the top of their list!). Joe will help them strategize and develop an action plan for next school year.

We're fortunate to have access to so many incredible learning opportunities. The Substance Abuse Prevention Coalition has proudly served the tri-town for 30 years and we're hopeful that with your support, we will be here for many more years to come!

Allison Abramson
Executive Director, Tri-Town Youth Services
Co-Chair, Tri-Town Substance Abuse Prevention Coalition



WHAT'S HAPPENING IN OUR SCHOOL COMMUNITY

BUDDY TRACK: TRACK & FIELD EVENTS FOR KIDS WITH SPECIAL NEEDS • May 1, 8, 15

Join Deep River Parks & Recreation for the 8th year of this terrific program! Each player athlete will be paired with a "buddy" to enjoy all aspects of our track and field program- running relay, javelin, 100-meter run, shot put, long jump and hurdles. All events are non-competitive and open to children ages 5 and up. Three Wednesdays from 5:00-6:30 at Valley Regional High School Track. Rain or Shine. Contact Valley Student, Michael Ryan, @ 860-767-1743 or Deep River Parks & Recreation @ 860-526-6036 to find out more or volunteer!

CHESTER, DEEP RIVER, AND ESSEX ELEMENTARY 6TH GRADERS "4 WELLNESS" GRADUATION AND CELEBRATION • May 22 8:30-2:30pm

Sixth grade students will receive their diplomas from Tri-Town Youth Services and State and Local Police for completing the 4 Wellness Prevention Program. Family and friends are invited to accompany their student to their elementary school to watch them receive their diplomas. After graduation, students are taken to a Hartford Yard Goats game to celebrate their successes.

TRITOWNYS.ORG

CHESTER ELEMENTARY SCHOOL

ACES DAY • May 1

All kids exercise simultaneously

SPRING ARTS FESTIVAL • May 2

Family and friends of students are invited to enjoy Art Show Open House from 5:30-6:30 and choral concert on the lawn at 6:30.

THE CT AUDUBON RAIN GARDEN

May 10 with a tentative rain date of May 13

Students will work with CT Audubon to design and plant a rain garden.

YOGA • Date: TBA

Region 4 Occupational Therapist and Certified Radiant Child Yoga Instructor, Terry Tovey will lead students through asanas and stories.

PREVENTION ACTIVITIES

For the grade levels to do through May.

DEEP RIVER ELEMENTARY SCHOOL

WINDOW PAINTING • May 13

Main Street, Deep River. Deep River Elementary School 6th graders, will paint windows along Main Street in Deep River. This annual event has become a rite of passage for Deep River students, which connects youth and business leaders to our week-long celebration.

INTERACTIVE ANTI-BULLY ASSEMBLIES

May 14 Afternoon

Kindergarten-Grade 2 and Grade 3- Grade 6

ACES AND RACES • May 17 1:30pm

SPRING CHORAL CONCERT • May 23

Showings are at 2:00 and 6:30pm. Families and friends are invited to attend with all students.

MEMORIAL DAY ASSEMBLY • May 24

10:15am

ESSEX ELEMENTARY SCHOOL

EVENING OF THE ARTS May 1

This very special celebration of student accomplishments in the visual and performing arts. The Art Show starts at 5:30 and the Concert starts at 6:30. The in school concert begins at 1:30. Families and friends are invited to attend with all students.

GARDEN PLANTING DAY • May 3

This project converts sections of schoolyard habitats to features that reduce pollution, capture surface runoff and prevent flooding, and improve biodiversity, while providing the students and their teachers with a tangible example of sustainable conservation. Students learn how the rain garden will enhance existing schoolyard habitat and provide an accessible, "living laboratory" component needed to introduce the concepts of erosion, water flow, and native wildlife diversity to complement students' science lessons

MIDDLE SCHOOL

JWMS WELLNESS DAY • May 3

JWMS students will participate in assemblies and workshops throughout the day. This positive day will encourage students to care for themselves and others through problem-solving, developing healthy habits and good decision-making. (This event is not open to the public).

8TH GRADE DANCE • May 31

7:00-10:00pm / Cafeteria

HIGH SCHOOL

STUDENT LEADERSHIP TRAINING

WITH JOE MARKEWICZ • May 8

National Youth Trainer will provide technical assistance and problem-solving strategies for members of Youth Action Council and Peer Advocates at Valley. Using their own youth survey data, students will identify priority problem behaviors in their school community and develop action plans for making a difference.

SPRING CONCERT • May 15

7:00pm in the Auditorium

SPIRIT WEEK AT VALLEY • May 13-17

WARRIORS IN THE COMMUNITY • May 17

The entire Valley student body takes to the streets of Chester, Deep River and Essex, volunteering at local agencies and giving back to the community they love! This annual day of service culminates with a lunch and celebration at school.

JUNIOR PROM May 17

WELLNESS EVENTS & FAMILY FUN

MEDITATION IN THE WORLD • May 1, 8, 15, 22, 29

Guest House Retreat & Conference Center, 318 West Main Street, Chester, hosts an open meditation group on Wednesdays from 7:00-8:15pm. Beginners are welcome.

DEEP RIVER DHARMA COMMUNITY MEDITATION • May 2, 9, 16, 23, 30

Join us for our weekly Deep River Dharma Meditation gatherings! Help build the local meditation community. Beginners are welcome. Intro meditation instruction will be available outside the meditation hall. The event is FREE. Donations are welcomed to contribute toward the space. MPower, 83b Main Street, Deep River, 7:15-8:15pm.

WELLNESS EVENTS & FAMILY FUN CONT.

FIRST FRIDAY IN CHESTER • May 3, 5:00-8:00pm

Join Chester Downtown Merchants for a celebration of family! Stores will be open late, and you will find live music, treats and family-friendly activities all along Main Street. In addition to on-street parking in Chester, there is free parking available in the town's public lots on Main Street by the cemetery, on Water Street and on Maple Street.

CHAIR YOGA FOR SENIORS • May 3, 10, 17, 21, 28

Join us at Kirtland Commons for Chair Yoga. Chair Yoga is a great way for older adults to get the wonderful health benefits of yoga. It is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Chair yoga is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation and flexibility. Kirtland Commons welcomes beginners and more advanced students of yoga to enjoy a 45-minute class. Kirtland Commons, Dining Room, 60 Main Street, Deep River, 11:15-12:00 pm.

CHESTER DUCK RACE & SPRING CELEBRATION • May 4, 1:00-5:00pm

Spring Into Fun! Activities for children will be set up in the back of the 4 Water Street parking lot from 1:00-4:00. There will be hands-on activities and displays for learning about Spring. Tri-Town Youth Services, Treehouse Players, Valley Regional Interact (Rotary) Club and more friends will be there! The Duck Race kicks off with a Chester Merchant Float Parade at 4:00, followed by the duck drop!! (\$5 ducks are available at Pattaconk 1850 Bar & Grille, Strut Your Mutt and online at Homeward Bound. All proceeds benefit Chester Rotary & Homeward Bound).

DAY OUT WITH THOMAS "STEAM TEAM TOUR" • May 4,5

Toot toot! Thomas the Tank Engine, his buddy Percy and Sir Topham Hatt are pulling into Essex Station for the "Steam Team Tour!" For tickets, visit essexsteamtrain.com or call 800-377-3987.

THE CONNECTICUT RIVER MUSEUM • Weekends in May

Paddle Program! Rent kayaks, canoes and paddle boards on weekends. Small groups can also arrange a guided paddle tour during the week with a museum guide.

HEALTHY KIDS DAY & OPEN HOUSE • May 5

Visit Camp Hazen from 2:00-4:00 to explore what summer camp at Hazen is all about! Check out the facilities, take a walk and play! Contact Kath Davies for more information: kdavies@camphazenyumca.org.

NEST GATHERINGS • Coffee House Opening & Young Adult social gatherings throughout May

We are happy to welcome The Nest Coffee House to Main Street, Deep River! This special gathering space was created by A Little Compassion Inc. whose mission is to change the lives of young adults with autism, intellectual, and developmental disabilities by creating employment and social opportunities that nurture their unique skills, strengths and preferences. Visit alittlecompassion.org to learn more.

DEEP RIVER FISHING DERBY • May 11, Registration Opens at 7:00 am

Join Deep River Parks & Recreation, Deep River Hardware and Essex Hardware & True-Value for the annual fishing derby! Open to all area youth ages 5-15. Entry fee \$10. Coffee, donuts and juice will be sold. Prizes will be awarded in each age category for biggest catch. Plattwood Park, Route 80, Deep River (fishing pond nearest the ball field). Registration 7:00-7:30; Derby 7:30-9:30; Award Presentation at 10:00.

PAINT & PLANT FLOWER POTS A PERFECT MOTHER'S DAY EVENT • May 11

Bring your children or grandchildren to Chester Public Library from 10:30-noon to paint their own terracotta pots with pansies inside! For children ages 6+. Limited registration- call 860-526-0018. Event made possible by Chester Garden Club.

NO CHILD LEFT INSIDE & GREAT PARK PURSUIT KICK OFF! • May 11, 9:00-3:00pm

Join us for an amazing day at Chatfield Hollow, 381 Route 80, Killingworth. The day will include learning to fish with CT Aquatic Resource Education Instructors, games, arts and crafts, stocking the pond with DEEP, nature hikes and so much more! Families can kick off the Great Park Pursuit with a nature hike! This is a six-week family adventure that has teams discovering parks and forests across CT and participating in fun activities and challenges – all for a chance to win a great prize. View more information at <https://portal.ct.gov/NCLI/Great-Park-Pursuit/GPP-Landing-Page>.

TRI-TOWN YOUTH SERVICES CHESTER • DEEP RIVER • ESSEX
P.O. BOX 897 DEEP RIVER, CT 06417