



# NEEDHAM YOUTH & FAMILY SERVICES

## SERVICES, PROGRAMS & ACTIVITY GUIDE

Current Contact Information:  
NeedhamYouth@Needhamma.gov | 781.898.5132



@NeedhamYouthServices



@NeedhamYouthServices



@Needham\_Youth

YOUTH & FAMILY SERVICES, 1471 HIGHLAND AVE, NEEDHAM, MA 02492  
781.455.7500 | NEEDHAMYOUTH@NEEDHAMMA.GOV  
WWW.NEEDHAMMA.GOV/YOUTH

# SERVICES & INFORMATION

## COUNSELING SERVICES

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We are currently conducting all counseling sessions online in an effort to keep all of our clients and staff safe and healthy. We accept referrals from the schools, courts, and parents and can provide support and resources for the wide range of challenges that youth face including, difficulty adjusting to pandemic related changes, friendship troubles, divorce, anxiety, depression, social skills, and much more. All counseling services are free of charge.

### **SUBSTANCE ABUSE AWARENESS PROGRAM:**

An assessment, education, and intervention program, which takes an innovative approach to the topic of alcohol and drugs.

### **BEHAVIORAL INTERVENTION PROGRAM:**

Includes assessment, skill-building, and education. Participants gain an appreciation of the dangers of bullying and learn the skills needed to make mature and responsible decisions in the future.

### **RESOURCES AVAILABLE:**

The HHS Division has created an extensive COVID-19 resource list to help individuals during this difficult time. Visit <https://www.needhamma.gov/4879/Get-Connected-Needham-Resource-Guide-for>

## JOIN OUR EMAIL LIST

If you are interested in receiving periodic updates of Needham Youth & Family Services programs/information that may be of interest to you and/or your children, please visit our website at [www.needhamma.gov/youth](http://www.needhamma.gov/youth)

## COURSE CONFIRMATION

We will confirm registrations by phone, email, or mail. You will be notified if the program is full or cancelled and your payment will be refunded.

## CANCELLATIONS

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds will not be given; however, we will do our best to reschedule.

## YOUTH & FAMILY SERVICES STAFF



**Sara Shine, LICSW - Director**

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**Katy Colthart, LICSW - Clinician**

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**Carolyn Tracey, LMHC - Clinician**

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**Sarah Magaril, LMHC - Clinician**

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Phone: 781.455.7500 ext. 287

**Riverside Emergency Services are also available by calling: 800-529-5077**

# SUMMER PROGRAMS & ACTIVITIES

## Parenting During A Pandemic Support Group

Free

Dates: Tues, July 7,14, 21, 28, Aug, 4 ,11

Time: 12 noon – 1:00 pm

Location: Virtual over Zoom

Are you struggling with parenting while in quarantine? Are you interested in participating in a lunch group to connect with other parents and share stories and strategies? Join us for a virtual lunch group.

More Information:

Katy Colthart, [kcolthart@needhamma.gov](mailto:kcolthart@needhamma.gov)

781.234.8362

## Zoom Fun For Kids

Free

Grades 2-5

Dates: Wednesdays, July 1—August 5

Time: 10:00-11:00 AM

A six week summer program online for rising 2nd-5th graders focused on playing games, doing crafts, and staying connected over the summer! You can sign-up for one session or all six! We will spend the mornings getting to know one another through interactive activities and will practice positive communication and friendship building skills all while having lots of laughs and fun. This program will take place over Zoom, so parents or guardians should still be home while the program takes place.

More information:

Carolyn Tracey, [ctracey@needhamma.gov](mailto:ctracey@needhamma.gov)

781.707.8018

## Volunteers Around Needham

FREE

Grades: Entering 7-12



Volunteers Around Needham will take place this summer on an individual level where students will be encouraged to promote their own ideas for ways to provide community service around Needham. Students will propose their project ideas and virtually meet with staff to discuss how to successfully carry out their projects as a way to stay active this summer while social distancing.

More information:

Carolyn Tracey, [ctracey@needhamma.gov](mailto:ctracey@needhamma.gov)

781.707.8018

## JULY SOCIAL DISTANCING CALENDAR

Youth & Family, Park & Rec, Council on Aging and the Library started the Social Distancing Activities back in April and we have continued every month since. Find the entire July calendar on our website for more fun activity ideas for the family! [www.needhamma.gov/youth](http://www.needhamma.gov/youth)

## ACTIVITY BAGS

Park and Recreation, Youth & Family Services, Needham Housing and Needham Public Schools have been working on a ton of fun activities to help you get summer started off right!

Each bag comes with goodies and will be partnered with some virtual sessions with Park and Recreation faves and other Town staff!

You can also donate to a Needham Family in need.

<https://needhampandr.activityreg.com/>



# FALL PREVIEW / INFORMATION

## **PEER TUTOR PROGRAM 2020/2021**

The Peer Tutor Program matches high school students (tutors) with 3rd through 8th grade students (tutees) who have demonstrated a need for academic assistance or a need for support in developing successful study habits. The goals of the program is to provide academic assistance and to create a supportive learning environment that enables the tutees to gain confidence and build self-esteem. Students helping students is a very successful and fun way to learn!

Please note that this program may only take place virtually for the 2020-2021 academic year.

### **Learn more:**

Carolyn Tracey, LMHC [ctracey@needhamma.gov](mailto:ctracey@needhamma.gov)  
[www.needhamma.gov/youth](http://www.needhamma.gov/youth)

## **VIP PROGRAM 2020/2021**

VIP is a free peer mentoring program designed for high school students (Big VIPs) and elementary students (Little VIPs) in 3rd through 5th grades. The goals of the program are for Little VIPs and Big VIPs to spend quality one-on-one time together, to have a safe place to come to interact and play, and to build connections assisting all students in gaining confidence and building self-esteem. VIP meets on Tuesday nights from November to mid-April from 5:30 -6:30pm (this may happen virtually for part or all of the 2020-2021 school year). **We are currently recruiting new "Little" and "Big" VIPs**

### **Learn more:**

Katy Colthart, LICSW [kcolthart@needhamma.gov](mailto:kcolthart@needhamma.gov)  
[www.needhamma.gov/youth](http://www.needhamma.gov/youth)

## **EMPLOYMENT PROGRAM**

The Employment Program assists young individuals in obtaining business and residential employment, as well as helping residents requiring help for around-the-house chores, babysitting, etc.

Youth ages 12 to 21 who want to work must register with us by completing a Job Registration Form and a Parent Permission Form. For those 18 years of age and under, a parent or legal guardian must co-sign these forms.

Registration forms for youth may be obtained on our website [www.needhamma.gov/youth](http://www.needhamma.gov/youth). There is no charge for a youth to sign up for our Employment Program.

The Employment Program does not screen any applicants or individuals. The Department simply acts as an information source.

For additional information please contact:  
Kristin Scoble - [kscoble@needhamma.gov](mailto:kscoble@needhamma.gov)

## **WORK PERMIT PROCESS**

Work permits will be processed by appointment only at Needham High School (main office). Full process can be found on our website, along with the application.

[www.needhamma.gov/youth](http://www.needhamma.gov/youth)

**Youth & Family Services knows that this is a particularly difficult time for people and that despite these efforts, people may need extra support. We have put together a resources list for everyone to access needed services. In addition, we are here to help and can help talk through struggles you may be experiencing.**

**Visit: [www.needhamma.gov/health](http://www.needhamma.gov/health) - Get Connected Needham**

**Please reach out to us at 781-898-5132 if you are feeling like you need additional supports. We have clinical staff available to talk and help guide you through this.**

***Riverside Emergency Services are also available by calling, 800-529-5077.***

***Remember, you are not alone. Needham is a strong community and we will get through this together.***