

# Needham Youth Services

## Fall and Winter Programs 2014 / 2015

**Programs for  
kids of all ages**

**Trainings for  
parents**

**Counseling  
Services**

**Workshops  
in schools**

**Community  
Presentations**



*Participants from Extreme Looks brainstorm qualities they look for in a best friend.*

**Registration begins Monday, September 8, 2014**

**Registrations are accepted as follows:**

**In Person:** Monday - Friday, 8:30am - 5:00pm  
Needham Youth Services' Office

**Mail:** Needham Youth Services  
Needham Town Hall  
1471 Highland Avenue  
Needham, MA 02492

To learn more about Needham Youth Services  
or if you have questions, please call our office at **781-455-7500 x267**

For notification of upcoming programs, join our listserv at:

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

Or like us on Facebook at:

[www.facebook.com/NeedhamYouthServices](http://www.facebook.com/NeedhamYouthServices)

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



## Fall/Winter School Partnership Programs

Ask your child about these upcoming workshops at...

*Needham High School:*  
**Loss and Teen Dating Violence seminars**

*Pollard Middle School:*  
**Picture Perfect**  
workshop on gender roles & the media

*High Rock:*  
**Safe Surf Internet Program**  
workshop on friendship and cyber-bullying

*Elementary schools:*  
**Social skills groups**

## Counseling Services

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We accept referrals from the schools, courts, and parents.

**Substance Abuse Awareness Program:**  
An assessment, education, and intervention program, which takes an innovative approach to the topic of alcohol and drugs.

**Bullying 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.

Learn more about our counseling services at:  
[www.needhamma.gov/youth/counselingservices](http://www.needhamma.gov/youth/counselingservices).

## RAY of Hope Program

The RAY of Hope award (Recognize A Youth) is a monthly recognition of a youth who is giving back to the community and/or is a role model for their peers. The program has no age limit — kindergarten through high school...and yes, we have had recipients as young as 5 years old!

To learn more and/or to nominate a youth for "RAY" you can download a form online at: [www.needhamma.gov/youth/ray](http://www.needhamma.gov/youth/ray) or one can be obtained at the Needham Youth Services office.

# Fall/Winter Youth Programs

## Babysitter Training Course

We offer a Babysitter Training Seminar for new babysitters or for those with limited experience who desire a refresher class. The training is six hours and is offered as a three-day course. Students must be at least in the sixth grade and / or 11 years old to take the class.



**Dates:** Training 1: October 2, 9, 16  
Training 2: November 6, 13, 20  
Training 3: December 2, 9, 16  
(snow date: January 6)

**Cost:** \$45 (waived in the event of financial need)

**Location:** Trainings 1 & 3 at High Rock (2:40 - 4:40pm)  
Trainings 2 at Pollard (2:50 - 4:50pm)

**Facilitator:** Meaghan Dupuis, LMHC  
Jayme Nowland, LMHC

Additional sessions will be offered in the spring.  
Learn more at [www.needhamma.gov/youth/babysitting](http://www.needhamma.gov/youth/babysitting).

## Meet the Staff



Jon Mattleman  
MS Counseling  
Director  
[jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov)



Katy Colthart  
LICSW  
Social Worker  
[kcolthart@needhamma.gov](mailto:kcolthart@needhamma.gov)



Liz Loveless  
MA Counseling  
Social Worker  
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Elisabeth Compton  
Graduate Clinical Intern  
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Maria Papantoniou  
Administrative Assistant  
[mpapantoniou@needhamma.gov](mailto:mpapantoniou@needhamma.gov)

# Fall/Winter Parent Programs

## A Conversation...For Parents of Teens



Funded by the Needham Women's Club, this **free** program is limited to 8 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend any/all of the following evening meetings. Dinner will be provided. Additional sessions will be offered in the spring. Learn more at [www.needhamma.gov/youth/aconversation](http://www.needhamma.gov/youth/aconversation). The dates for the program are:

**October 28:** Make peace (and not war) with your teen

**November 18:** What a parent needs to know about teen risk taking behaviors (such as drugs/alcohol)

**January 27:** Teen anxiety, depression, & suicide

**March 3:** The hidden dangers of teens & technology: keeping teens emotionally safe online (*Registration for this program will open on January 5, 2015*)

**Time:** 5:30-7:30pm

**Facilitator:** Jon Mattleman ([jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov))

You **MUST** register in advance to attend.

## QPR Suicide Prevention Training

The Needham Coalition for Suicide Prevention and Needham Youth Services are offering **free** QPR trainings. QPR (Question, Persuade, Refer) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Learn more at [www.needhamma.gov/youth/QPR](http://www.needhamma.gov/youth/QPR).

**Date:** December 3, 2014

**Time:** 7-9pm

**Facilitator:** Jon Mattleman ([jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov))

You **MUST** register in advance to attend.

(Registration for the March 10, 2015 QPR opens on January 5, 2015)

## Patrick C. Forde Good Person Memorial Award

Named after Needham resident and community activist Patrick Forde, each year this award recognizes an adult in the community who has helped make Needham a better place for youth through his/her volunteer work.

Learn more at :

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

### ***Please Nominate!***

Forde Award recipients are nominated by members of the Needham Community, and we are looking for nominations for our next Forde Award recipient!

Nominated individuals must:

- 1) *Be a Needham resident*
- 2) *Be at least 21 years of age*
- 3) *Not be paid for their work with children, youth, and/or families for which they are being nominated*

Nominations will be accepted for the 2015 recipient until November 3, 2014.

Nomination forms are available in the Youth Services' Office and online at

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

Once a recipient has been chosen, the public is invited to the:

**Award Ceremony**  
**January 26, 2015 at 5:00 PM**  
**Needham Public Library**



## Social Media

As we move deeper into the 21st century, technology and social media are becoming great outlets for communicating. Needham Youth Services is now on Twitter, Facebook, and YouTube! Check us out for program updates, helpful resources, as well as general mental health information.

Follow us on Twitter: @Needham\_Youth

Like us on Facebook: Facebook.com/NeedhamYouthServices

Subscribe to our YouTube channel: YouthServicesNeedham



# General Information

Most of our services are **Free** of charge



## Join our Email Listserv

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

## Payment

Most of our services are FREE of charge. If the program charges a fee, payment must accompany all registrations. Checks should be made payable to "Town of Needham - Youth Services".

## Fee Assistance

Financial aid is available to all Needham residents and Needham students. A letter requesting assistance must be submitted to the Director of Needham Youth Services at the time of registration. To learn more, please visit our website at [www.needhamma.gov/youth/fee](http://www.needhamma.gov/youth/fee).

## 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.

## Inclement Weather

It is our policy that if Needham Public Schools close due to weather, our programs will also be cancelled. Weather related cancellations will be posted on our website at [www.needhamma.gov/youth](http://www.needhamma.gov/youth).

## 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.

## Refunds

If you request to withdraw from a class with sufficient time to get a replacement, a refund may be issued. However, if the slot can not be filled, no refund will be issued. If you do not show up for a class, there is no refund. Refunds will be issued if Needham Youth Services cancels a program and/or you registered for a program and there are no openings.



## Youth Residential Employment Program

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

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 at our office or on the web at [www.needhamma.gov/youth/employment](http://www.needhamma.gov/youth/employment). There is no charge for a youth to sign up for our Employment Program.

Lists of all services offered by youth, such as babysitting, lawn mowing, and moving help, are available for a \$10 fee. These individual lists can be obtained daily at our office.

The Employment Program does not screen any applicants or individuals—we act simply as a clearing house and an information source.

For additional information please contact Maria Papantoniou at 781-55-7500 x 267 or [mpapantoniou@needhamma.gov](mailto:mpapantoniou@needhamma.gov).

## Youth Volunteering & Employment in Businesses

Are you are looking for volunteering or employment positions? If so, please visit our new online listings.

For volunteer information and listings, visit [www.needhamma.gov/youth/volunteerprogram](http://www.needhamma.gov/youth/volunteerprogram).

A listing of job opportunities for youth in local businesses are updated every Monday, and can be found online at [www.needhamma.gov/youth/jobsforyouth](http://www.needhamma.gov/youth/jobsforyouth).

The Employment Program does not screen any volunteer or employment site — we act simply as a clearing house and an information source.

**Look for registration information in May 2015 for the following 2015 / 2016 programs:**

 **SUMMER: Extreme Looks, Project VAN, and Single Parent Support Group**

 **FALL: Peer Tutor Program and VIP Program**

