



Trips Events Programs



Stonington Human Services
166 South Broad Street, Pawcatuck
(860) 535-5015

Youth & Family Services

Youth & Family Services Programs are offered as a means of promoting positive youth development and supporting improved family and community relations. Services include: After School Programs; Summer Enrichment; Counseling and Support Groups; Educational Workshops; Certifications Classes; Lentz & Lentz SAT Preparation Classes; Hire-A-Teen; Juvenile Diversion Board; Salvation Army Payless Shoe Vouchers; Stonington Prevention Council; Teens to Tots Pre-school; Santa Anonymous Boot Program; Caring Community; Bicycle Recycling, and the USDA Summer Food Service Program.

Senior Services

Acting as an advocate for elderly residents in the Town of Stonington. Services include: CHOICES Medicare Insurance Counseling; Educational Workshops; Intergenerational Programs; Local and Regional Access to Senior & Disabled Medical Transportation; 911 Cell Phone Program; State of CT Farmer's Market Vouchers; File of Life; and TRIAD Senior Safety Programs.

Social Services

Social Services programs address poverty issues within the Town of Stonington and help to increase self-sufficiency. Services include: Case Management; Energy Assistance Programs; Eviction Prevention / Budgeting Workshops; Budget Coaching; Home Visits for Homebound Residents; Insurance and State Program Applications; Job Coaching; Paperwork Assistance; and the State of CT Renters' Rebate Program.

Parks & Recreation

Provides both youth and adults an abundance of seasonal and year-round recreational opportunities. Services include: Summer Camps; Sports Clinics & Leagues; Open Runs & Gym times; Day Trips; Family Events and Fitness Programs. The Division also manages the parks at Haley's Way, the Borough and Spellman Park, along with the town's recreational fields.



How can we help you?

In accordance with our mission, Stonington Human Services offers an abundance of supportive programs to assist in bringing your household to a place of self-sufficiency. Residents are encouraged to contact us for an appointment, at which time we will conduct a needs assessment to determine all appropriate services that may be able to assist your current situation.

Program Registration

All classes register at Stonington Human Services, 166 South Broad Street, Pawcatuck, CT 06379, Monday-Friday between 9AM-4:30PM, by mail or outdoor drop box after normal business hours. Completed registration form and payment are required at the time of program registration. Download registration forms for all programming at www.stonington-ct.gov (located under Human Services Department). **Register early!** If a program does not meet minimum enrollment one week prior to the start date, it will be cancelled. Register early to avoid disappointment due to a full or cancelled program.



Special Events



**15th Annual Great
Halloween Egg Hunt**
Sunday, October 25th
5-6:30 PM

Activities Include: DJ, Moonbounce, Hayrides, Crafts, Face Painting, Balloon Artistry and the famous Egg Hunt! Don't forget to bring your flashlight! - Costumes Optional - Enjoy a family night out!
\$5/Family (includes all activities)
Pizza, popcorn and beverages will be available for purchase.



Kick off the 3rd Annual *Mystic Pirate Invasion* with a great family movie! Bring yer blankets, yer chairs and some snacks on October 2nd and get ye ready fer a fun evenin' to start an even better week-end! Be sure to come dressed in your best pirate garb! Many thanks go to our friends at Mystic River Park.



Held in conjunction with the Downtown Mystic Merchants.

Friday, October 2 - Free Family Event
6:30 PM - General Pirate ruckus and mayhem begins! - Movie starts at dusk -

Day Trips



Eastern States Exposition The Big E!

Trip Includes: Round trip transportation on a full sized motor coach and a ticket to the Eastern States Exposition (The Big E).

Age : All ages

Day/Date: Friday, September 25

Time: Depart Human Services at 8:00 AM
Leave the Big E at 5:00 PM

Location: West Springfield, MA

Fee: \$40; includes transportation and ticket to fair.

Explore Boston!

Trip Includes: Round trip transportation on a full sized motor coach. Choose from two drop off spots: Prudential OR Quincy Market (pick up at Prudential ONLY). **Age :** All ages



Day/Date: Saturday, October 24

Time: Depart Human Services at 8:00 AM
Leave Boston at 4:30 PM

Fee: \$30; includes transportation



New York, New York

Trip Includes: Round trip transportation on a full sized motor coach. Drop off at Rockefeller Center. Pick up at St. Pat's Cathedral. Limited tickets available to the *Radio City Christmas Spectacular* 1:00PM Showtime*

Age : All ages

Day/Date: Friday, December 11

Time: Depart Human Services at 7:00 AM
Leave New York at 5:30 PM

Fee: \$40; includes transportation
*\$86; includes transportation and ticket to Radio City show



High School Hoops Boys Open Gym

Open Gym for boys pickup basketball games. The gym will be staffed; games are run and organized by the players themselves. Open to currently enrolled Stonington High School students. School rules and expectations on behavior are extended during each of these dates. Pre-registration required; students may join at anytime.

Age : High School grades 9—12

Day/Date: Tues & Thurs starting Sept 24 (join at any time)

Time: 5:30-7:30 PM

Location: Stonington High School Gymnasium

Fee: \$30 Both Days / \$25 One day Residents only Min 15

Girls BBall - Pre-Season Workouts

Girls Basketball pre-season workouts held at the Stonington High School Main Gym. Fitness and getting ready for the coming season will be the focus, along with shooting, passing, dribbling, footwork, defensive skills, and team play.

*"Get the fundamentals down and the level of everything you do will rise."
-Michael Jordan*

Age: Girls, Grades 8-12

Day/ Mondays, 3:00-5:00 PM, Sept 14-Nov 23 (no clinic Oct 12).

Times: Director: Ryan Haring

Wednesdays, 6:00-7:30 PM, Sept 16-Nov 25.

Directors: Kevin Agnello & Andrea Buck Spelman

Location: Stonington High School Gymnasium

Fee: \$30 Both Days / \$25 One day
Residents only
Min 15



Fencing

Acquire the reflexes of a boxer, the legs of a high jumper and the concentration of a tournament chess player. Equipment for these beginner classes is provided. Participants will have access to purchase their own equipment.



Instructor Jonathan Reed has been involved with fencing for over 12 years and has coached and officiated for the sport for 10 years. As Coach Reed said, "Fencing, to me, is a sport that goes beyond the standard categories, cliques, and groups that people place themselves in and allows people to meet, learn about, and befriend those whom otherwise they never would." He continues, "Fencing is a game of physical chess where your mind is as important as your body in scoring points on offense, preventing points from the opponent on defense, and becoming adept at this truly lifelong sport."

Regular Session:

Days/Date 8 weeks, Thursdays Oct 1-Nov 19

Ages/Times: Beginner Youth Program (ages 7-12) 4-5:00 PM

Beginner Program (ages 13+ & adults) 5-6:00 PM

Intermediate Program (ages 13+ & adults) 6-7:00 PM

Location: Stonington High School - Aux Gymnasium

Course Fee: \$75 Residents; \$85 Non-Resident



KARATE For Youth & Adults

New England Rendokan teaches traditional Okinawan Shorin-Ryu Karate and Torite Jujutsu for ages 4 to adult. Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly instead of concerning themselves with a "must-win" feeling. All classes are based on traditional Okinawan Shorin-Ryu Karate, Jujutsu (what people commonly refer to as self defense) and Kobudo (weaponry including sai, bo, kama, tonfa and nunchaku). Classes consist of warm up exercises, learning and applying techniques in a variety of safe ways which include kumite (prearranged practice), bunkai (application from kata), oyo (a student's own natural reaction) and exchange practice (students practice defending themselves against a random attack). We do not participate in free sparring. Students will learn more than just how to defend themselves. They will learn self control, to work hard, to work with others, how to avoid a confrontation, how to reduce the chances of being attacked and how to maximize their own strengths. Instructed by Andy Green and Darryl Baleshiski: Sensei Baleshiski began studying karate as a teenager and earned his black belt in 1994. Grand Master Eizo Shimabukuro promoted him to 10th degree black belt and Grand Master Instructor in 2013.

Day/Date: Ongoing program held on Tue & Fri Starts Oct 2

Time: 5:30-7:00 PM (1hour or 1.5 hour options)

Location: Stonington Human Services Community Room

Monthly Rate: Two days/week 1 hour class: \$85/month

Two days/week 1.5 hour class: \$115/month



REC Flag Football League

AS OF PRESS TIME WE WERE STILL ACCEPTING REGISTRATIONS FOR THE WAITLIST ON THIS VERY POPULAR PROGRAM. For both boys and girls ages 8-14 years old. Program runs from Sept into Nov (schedule TBD) with practices and games held at Spellman Park behind the High

School and Pawcatuck Middle School. One practice during the week with games played Saturday mornings. Participants will develop their social & mental skills, physical strength & character while safely learning how to play flag football. Teamwork & active participation are key components.

Age: Boys & Girls: 8-14 yrs old In two divisions: 8-10 & 11-14

Dates: September - November

Times: Schedule TBD

Where: Pawcatuck Middle School

Spellman Park Fields

Fees: \$55 / Resident

\$75 / Non-resident

Pavilion Rentals

Town of Stonington Pavilions located behind Spellman Park Playground. Available Memorial Day-Columbus Day Weekend. Cost: \$25/day. Call (860) 535-5015. Payment required for reservation; application is available online.

United Way Mobile Food Pantry

Serving over 100 local families each month, the United Way's Mobile Food Pantry makes a stop in the Stonington Human Services' parking lot* the first Monday of each month from 5-6pm. The pantry is set up similar to a farmers' market and has a "no questions asked" policy. Those in need are asked to bring a photo ID when visiting the pantry. * Please note, the program will take place within Stonington High School from November-April.

Now Taking Energy Assistance Applications

For the past 16 years, the Town of Stonington's Department of Human Services has served as a local fuel bank accessing federal, state and private funding to assist Stonington families struggling to meet energy needs. Call (860)535-5015 to set up an appointment to apply.

School Shoe Vouchers

Now in its ninth year, the School Shoe Voucher Program, a partnership between Stonington Human Services and the Salvation Army, is providing Payless® vouchers to eligible Stonington children entering grades Pre-K-12. Vouchers are now available and, based on eligibility, will be handed out on a first come, first serve basis; limited quantity available.

Santa Anonymous Boot Program

In partnership with TVCCA/RSVP, Human Services is now accepting sign ups for Stonington youth in need of a pair of new, warm winter boots. If you are in need, or if you'd like to sponsor a child, please call (860) 535-5015.

Individual & Family Counseling

Counseling services are offered to Stonington residents at no cost. Call (860) 535-5015 to schedule an intake appointment.

Support Groups

All groups are held at Stonington Human Services and are provided at no cost to Stonington residents. Call (860) 535-5105 to register.

Grandparents Raising Grandchildren A supportive environment to discuss challenges, share resources, and network with other grandparents.

Day: First Thursday of Every Month
Time: 9:30-11:00 AM
Facilitator: Molly Kunka, LCSW

Stonington Networks Has winter got you feeling down? Lonely and looking to connect with other people? Then this is the group for you!

Day: Second Thursday of Every Month
Time: 11:00 AM-12:00 PM
Facilitator: Molly Kunka, LCSW

Parents of Children with Autism An opportunity for parents of children on the spectrum to share experiences and learn from each other.

Day: First Tuesday of Every Month
Time: 6:00-7:30 PM
Facilitator: Dr. Lori Liguori, School Psychologist

Healing Hearts Young Widows Group

Day: Second Thursday of Every Month
Time: 5:00-6:00 PM
Facilitator: Antonio Okosky, Hospice SECT

Prescription Drug Drop Box at SPD



Do you have unused, unwanted or expired medications? In partnership with the Stonington Prevention Council, the Stonington Police Department now has a permanent **Prescription Drug Drop Box** located in their main lobby. Accepted items: prescriptions (including patches, medications and ointments); over-the-counter medications; vitamins; samples; pet medication. The following items are not accepted: needles/sharps; ointments/lotions/liquids; aerosol cans; inhalers; hydrogen peroxide; thermometers.

This a free service and no paperwork is required to participate!

Teens to Tots Preschool



Every parent wants a nurturing environment for their young child's early education. Get off to a good start and enroll in our program! Open to potty-trained children ages 3-5.

Quality Affordable Program * Certified Preschool Teachers * Encourages social, emotional, physical, and intellectual growth * Structured classroom setting with a well balanced schedule of activities * Weekly curriculum themes.

2015-2016 School Year

Ages: 3-5 years old
Day/Date: Monday-Friday (choose 2-5 days/week)
Time: 9:00 AM-1:30 PM
Location: Stonington High School, Room 123
Fee: 2-days \$160; 3-days \$235; 4-days \$310; 5-days \$385
(Non-Residents: add \$25/month) \$25 registration fee applies to all.



KidzLit®

This popular program encourages reading through fun activities which promote learning and creativity. Children hear engaging books, read aloud or independently and make connections to their own lives. They express their feelings and grapple with big ideas through discussion, drama, art, movement and writing.

Ages: Grades 1-2
Day/Date: Monday (Gr 1) / Wednesday (Gr 2); Beginning October 5 and 7
Time: 3:30-4:30 PM
Location: West Vine Street School, Library
Fee: \$30/8-Week Session

Ages: Grades 1-4
Day/Date: Monday (Gr 1-2) / Wednesday (Gr 3-4); Beginning September 14 and 16
Time: 2:20-3:20 PM
Location: St. Michael School, Room 2
Fee: \$30/8-Week Session

Baby Boomers—Fitness Class

Incorporate weights into fun cardio routines to tone and strengthen as you scorch calories. Designed specifically for 50+. **Join at any time!**



Ages: 50 and over
Day/Date: Mon, Wed & Fri - Ongoing class
Time: 9:30-10:30 AM
Location: Road Church
903 Pequot Trail, Stonington

Monthly Fee:
1 day/week: \$15/Res \$30/Non-Resident fee
2days/week: \$30/Res \$45/Non-Resident fee
3days/week: \$45/Res \$60/Non-Resident fee

Instructors: Michele Gardner; Michelle Tebbets & Yolla Elkhoury

ZUMBA—Fitness Classes

Ditch the workout—join the party! Combine all elements of fitness: cardio, muscle conditioning, balance and flexibility with a boost of energy and a serious dose of awesome each time you leave class. Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again.

Join at any time!

Day/Time: Mon, Wed 6-7 PM; Sat 8-9 AM
Location: Stonington COMO Annex - Cutler Ave, Stonington

Zumba Punch Card:
\$65 for 10 classes
\$100 for 20 classes
Drop-in \$10

Instructor: Caroline Wall



Trips Events Programs



Babysitting Certification Course American Red Cross

Uses video, activities, games and tools to help young people become better babysitters. At the end, you'll take a final exam to demonstrate what you've learned. After you complete the course, you'll get a certificate to print and hang on your wall and, most importantly, your new knowledge and skills will make you a more confident babysitter – which is sure to be good for your business!

Ages: Boys & Girls 11-15years old
Day/Date: Tuesday, November 3 (Staff Development Day)
Time: 9:00AM-4:00 PM
Location: Human Services Community Room (please bring a bag lunch)
Fee: \$95 Res/\$115 Non-Res

Kids Care Community Service Club

The mission of this globally recognized program is to develop compassion and inspire a spirit of volunteering.

Ages: Grades 1-2 at WVSS
Day/Date: Tuesdays; Beginning November 10
Time: 3:30-4:30 PM
Location: West Vine Street School
Fee: \$30/8-Week Session

Hire-A-Teen Job Referral Program

Providing young people with their first job experience for over 20 years. Though raking leaves, shoveling snow and babysitting are still commonly seen as needs on the employer application, more recent requests have progressed to setting up an email account and navigating the internet! Register to be an employer or student employee. For the safety of our children, background checks are required of all potential resident employers.

Immersion (Marine Mammals of the Arctic)



In partnership with the Mystic Aquarium & Institute for Exploration, students will explore ongoing scientific expeditions to ignite their interest in discovery learning.

Ages: Grades 3-4
Day/Date: Tuesdays; Beginning January 19
Time: 3:30-4:30 PM
Location: West Broad Street School
Fee: \$30/8-Week Session



VOLLEYBALL

High School Girls Clinic

Learn how to play, starting with the basic skills of passing, serving, setting, spiking approach, arm swing, rotation, and basic rules. As the group progresses we will incorporate in depth skill work, including: serve receive, offensive & defensive positioning, digging, blocking, approach-jump-hit, quick movements to the ball, transition, emergency drills, combination movements. If interest is shown this program could grow to a full scheduled league. Join the fun!

Ages: High School Girls (Grades 9-12)
Day/Date: Tuesdays, October 6-November 7
Time: Directly afterschool until 5:30 PM
Location: Stonington High School Aux. Gym
Fee: \$25 / Stonington Students only



Upcoming Sports Leagues

For further details, contact the Recreation Division.



REC/COMO Youth Basketball

Register NOW! www.thecomoo.org - Runs Nov-Feb



Adult Co-Ed Volleyball League

Register in November - League runs Dec-March



High School Rec B-Ball League

Register in November - League runs Dec-Feb



Youth Indoor Futsal (Soccer)

Register in January - League runs Feb-March

Spellman Recreational Park

Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment area, two outdoor basketball courts, six tennis courts and two pavilions. Add Stonington High School's Palmer Field (turf) and their baseball field, and we have one of the finest recreational facilities in the area. Any organized, non-scholastic, sport using the fields for games or practices at the Park or both middle schools, must be registered with the Recreation Division. Please contact Richard Ward at rward@stonington-ct.gov for additional information.

Playgrounds in our Community:

The Human Services Recreation Division oversees and maintains three playgrounds in our community. Please abide by all posted rules and regulations.

Spellman Playground: Located on Spellman Drive in Pawcatuck

Borough Playground: Located off of High Street in the Borough

Haley's Way Playground: Located off of Haley's Way, Old Mystic



SUMMER TIME FUN: members from "orange group" shown here enjoying Spellman Park during our morning playground and afternoon enrichment program.