



SPRING & SUMMER PROGRAMS 2023

Visit our website at: ahmyouth.org





First Steps in Music!

3 Weeks for \$45 per family!

Wednesdays 10:45 - 11:30 am

SESSION 1: 6/28, 7/5, 7/12

SESSION 2: 7/26, 8/2, 8/9

LOCATION: AHM Youth & Family Services, 25 Pendleton Drive, Hebron CT

Come and make music with Miss Mallory at First Steps in Music! This program is geared towards children ages 0-5 and their grown-ups. Children and adults are engaged in a variety of activities including bounces, finger wiggles, action songs, vocal exploration, movement exploration, playing instruments, ball rolling, and more! First Steps in Music is a wonderful opportunity for children to have fun, interact with other children, and bond with their grown-up, all while beginning their journey to becoming tuneful, "beat-ful", and artful.



"From small musical acorns grow mighty musical oaks." -Dr. John Feierabend

Register at: ahmyouth.org/programs-services/family-resource-center/



For more information, contact Becky Murray at (860) 228-0871

KIDS IN THE KITCHEN!

**Tuesdays & Thursdays
from 10 - 11:00 am**

8/15, 8/17, 8/22, 8/24

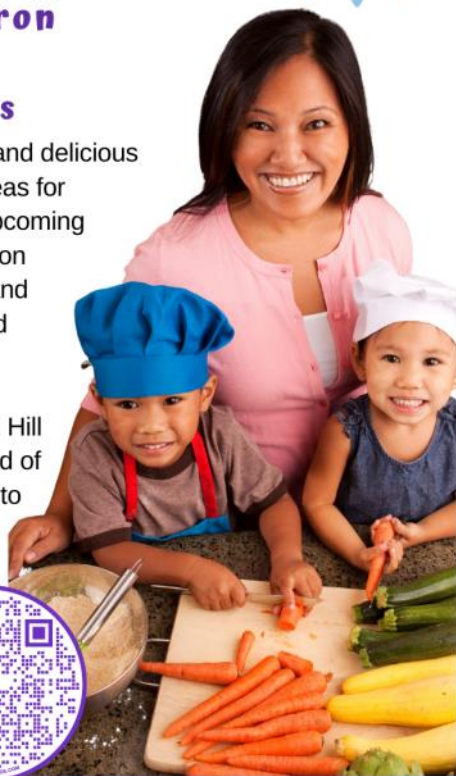
**Family Resource Center in
Gilead Hill School, Hebron**

**For children ages 3-6 and
their parents or caregivers**

Children will prepare and eat nutritious and delicious snacks in this group! Parents will get ideas for childrens' snacks and lunches for the upcoming school year. There will be an emphasis on including children in meal preparation, and we will be using healthy, fresh foods and fruits and vegetables in this class.

*Please enter by the side door at Gilead Hill School, next to the entrance to the Board of Ed. Parents and/or caregivers will need to bring a license to enter the school as part of the school's safety protocol.

**\$40
per
family!**



REGISTER AT:



AHMYOUTH.ORG/PROGRAMS-SERVICES/FAMILY-RESOURCE-CENTER/

SUMMER PLAY & LEARN

Tuesdays, 9:30-10:45 am
\$45, includes Snack!

6 sessions: 6/27, 7/11, 7/18,
7/25, 8/1, 8/8 (No group 7/4)

For children birth-5 & parents/caregivers.

Located in the Family Resource Center at GHS. *Please enter by the side door at Gilead Hill School, next to the entrance to the Board of Ed. Parents/caregivers will need to bring a license to enter the school as part of the school's safety protocol.



Register at:
[ahmyouth.org/programs-services](http://ahmyouth.org/programs-services/family-resource-center/)
[/family-resource-center/](http://ahmyouth.org/programs-services/family-resource-center/)



For more information, email Becky Murray at BeckyM@ahmyouth.org



PLAY & LEARN in the park!

Thursdays, 9:30-10:30am
\$40 per family for 7 weeks

6/29, 7/6, 7/13, 7/20,
7/27, 8/3 and 8/10

Children Birth-5 and adults

Located at:
Veteran's Memorial
Park, Hebron, CT



Register at: ahmyouth.org/programs-services/family-resource-center/

For more information, email Becky Murray at BeckyM@ahmyouth.org



MESSY HANDS

Exploration with Sensory Play for Tots!

Tuesdays, 11:00 AM - 12:00 PM

**Materials
may include:**

Fingerprints, playdough,
slime, water play, shaving
cream & other substances.
Please come dressed in
VERY casual clothing.
Snacks will be
provided!

for children age 2-5 & their
parents or caregivers

**DATES: 6/27, 7/11, 7/18,
7/25, 8/1, 8/8
(NO GROUP 7/4)**

**6 Sessions
for \$45 per
family!**

Sensory play allows children to engage their five senses by exploring different textures. In this group, children will get the chance to explore a variety of different messy materials in a relaxed setting while creating, constructing and exploring! Information on Child Development and Parenting will also be available. **Class takes place at Gilead Hill School, Family Resource Center. *Please enter by the side door at Gilead Hill School, next to the entrance to the Board of Ed. Parents/caregivers will need to bring a license to enter the school as part of the school's safety protocol.**



REGISTER AT:

AHMYOUTH.ORG/PROGRAMS-SERVICES/FAMILY-RESOURCE-CENTER/

ENRICH Your Relationship With Your Child Parenting Workshop with Dr. Debbie Farr

Want to learn some new techniques for parenting and get some extra support? This program can help! Learn research-based strategies for enriching your relationship with your children through positive parenting.

Topics to be covered include: using encouragement, naming emotions, reasoning, involvement, communication and humor.

Wednesdays - FREE - Attend any session!

Session 1: Wednesday, July 12 8:00-9:00 PM -Encouragement, Empathy

Session 2: Wednesday, July 19 12:30-1:30 PM -Naming Emotions, Negativity

Session 3: Wednesday, July 26 8:00-9:00 PM -Respect, Redirection, Reasoning

Session 4: Wednesday, August 2 12:30-1:30 PM-Identity and Involvement

Session 5: Wednesday, August 9 8:00-9:00 PM -Communication and Consequences

Session 6: Wednesday, August 16 12:30-1:30 PM-Humor, Health, and Happiness

Session 7: Wednesday, August 23 8:00-9:00 PM-Resilience, Self-Compassion



Dr. Debbie Kruenegel-Farr is a passionate parent coach, consultant, and educator. She earned her Ph.D. in Educational Research with an emphasis in Human Development and Family Studies from the University of North Texas. Dr. Debbie is the founder of Flourishing Families and has extensive experience working with families with children of all ages all over the U.S.

For more information, please see:
<https://familynh.com/about-us/>

Zoom meeting link will be sent to all registered participants. There is a book that goes with the class, which can be purchased for \$19.99 (paperback) or \$9.99 (Kindle) through Amazon:
[Enrich your Relationship Book](#)

Register at: ahmyouth.org/programs-services/family-resource-center/



If you have questions, please contact Becky Murray at beckym@ahmyouth.org or (860) 228-0871





SPRING CREATURES

Mondays, 9:30 - 10:45 am
AHM's Family Resource Center
Located at Gilead Hill School

**Projects and activities
with bugs, flowers, and
spring critters!**



DATES:
May 1, 8,
15 and 22

4 sessions
\$30 per family
Snack included!



Register at:
[ahmyouth.org/programs-services](http://ahmyouth.org/programs-services/family-resource-center/)
[/family-resource-center/](http://ahmyouth.org/programs-services/family-resource-center/)



For more information, email Becky Murray at BeckyM@ahmyouth.org

PICTURE PERFECT

Children's Book & Art Series

DISNEY THEMED!

Age: 4–8 year olds
Wednesdays, 4:30–5:30 pm
April 19th – May 24th

Registration \$ 30
for 6 sessions

Class location is:
25 Pendleton Drive,
Hebron, CT 06248



Register online at: www.ahmyouth.org/programs-services/health-matters/





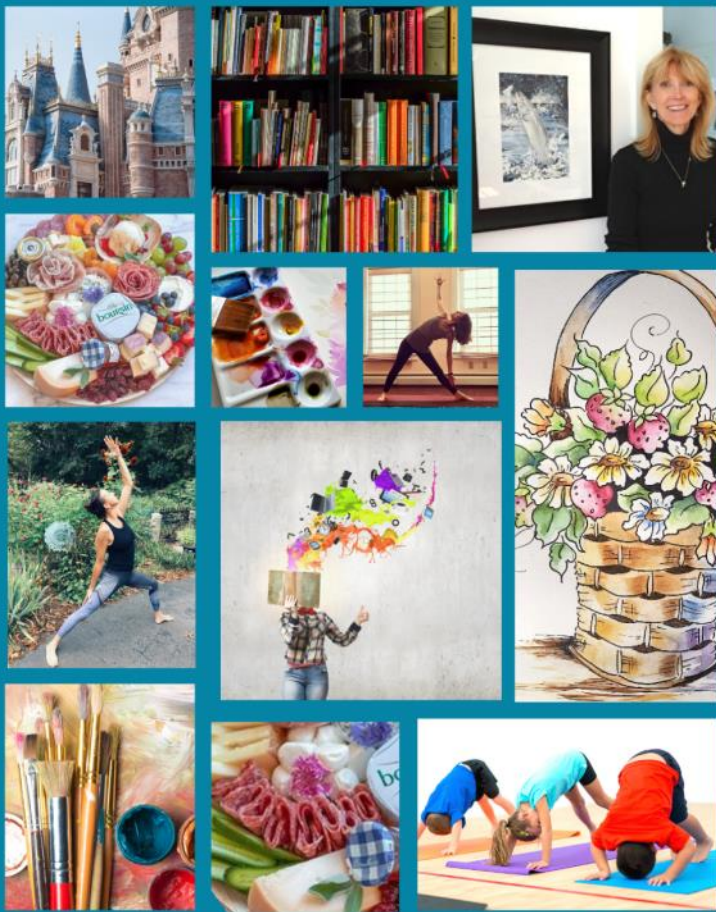
**MAY IS
MENTAL
HEALTH
AWARENESS
MONTH!**

**Visit AHM's
website for
resources!**



AHM
YOUTH & FAMILY SERVICES, INC.

AHM'S Health Matters Programs. More coming soon!



Register for Health
Matters Programs at:

ahmyouth.org/programs-services/health-matters/



 **Health
Matters**

Ages 3 & up!



JOIN US FOR A PUPPET MAKING WORKSHOP!

SATURDAY, MAY 6TH, 10AM - 12PM

UConn's "FEEL YOUR BEST SELF" program is coming to AHM! FYBS is designed for elementary-aged kids as an educational toolkit for learning strategies to calm yourself, catch your feelings, and connect with others. The FYBS strategies offer fun and easy ways to help kids (and grown-ups) experience lifts in emotions, feelings, or moods. FYBS helps kids explore different strategies to find those that work best to help them navigate different situations to feel their best!

This is a **FREE** workshop. All materials will be supplied! Age: Grades K-6. Parents welcome to participate.

REGISTER AT:
[AHMYOUTH.RECDESK.COM](http://AHMYOUTH.RECDESK.COM/COMMUNITY/PROGRAM)
[/COMMUNITY/PROGRAM](http://AHMYOUTH.RECDESK.COM/COMMUNITY/PROGRAM)



Storytime Yoga



INSTRUCTOR:
Anna Glowacki

DATES:
4/22 Saturday
9:30 - 10:15 am
&
5/8 Monday
4:30-5:15 pm

FEE:
\$12 per student

AGE:
3-8

REGISTER AT:

<https://ahmyouth.org/programs-services/health-matters/>

Class Location:

25 Pendleton Drive, Hebron



STRENGTH & STRETCH



Instructor:
Anna Glowacki

\$12 per person, per class

Class Location:
25 Pendleton Drive, Hebron

Thursdays, 8:30-9:30am
5/4, 5/11, 5/18



**REGISTER AT: [ahmyouth.org](http://ahmyouth.org/programs-services/health-matters/)
/programs-services/health-matters/**

QPR & Narcan Training (Question, Persuade, Refer)

Monday, May 8th, 11 am - 12:30 pm
AHM 25 Pendleton Drive, Hebron

Every week in Connecticut, an average of 8 people die by suicide. Suicide is the 10th leading cause of death by Americans under 50, and this training is crucial if you ever find yourself in a position to save a life!

Training will include:

- Good Samaritan Law
- Support information and resources
- Warning signs of a suicide crisis, and how to respond



- Participants:** Open to age 18 & up
- Cost:** FREE & open to the public!
- Facilitators:** Tressa Giordano, AHM Executive Director
Megan Aldridge, AHM Clinical Director
- Materials:** Participants will receive a QPR training booklet and a 2-dose supply of Narcan.

Only 25 spots available!

REGISTER: ahmyouth.recdesk.com/Community/Program

REGISTER
FOR FREE
SCAN HERE!





TIP A MUSICIAN

Fundraiser

Saturday, June 3 | 11:00 - 2:00PM
The Flour Girl Cafe & Bakery's Outdoor Patio

**AHM is accepting applications for
musicians and vocalists of ALL ages,
experience levels & genres!**

<https://forms.gle/EuA3CdEe8nnpw8Ku8>

AHM's goal is to raise money for this year's
Project Graduation Event for our RHAM High
School's graduates through tips earned by the
live performances.

All performers will be entered into a drawing
for a \$50 gift card to The Flour Girl Cafe.

Comments or questions?
Jenn Boehler at 860-228-9488 Ext. 22
jenniferb@ahmyouth.org.





presents

Take Note!

a cappella ensemble
take-note.org

CONCERT

to benefit
Andover, Hebron, Marlborough
Youth & Family Services

Sunday, April 30, 2023
3:00 p.m.

St. Peter's Episcopal Church
30 Church Street, Hebron, CT

**Donations gratefully accepted
at the door**



AHM
YOUTH & FAMILY SERVICES, INC.
ahmyouth.org

A group of graduates in black gowns and caps, many with their arms raised and caps tossed into the air against a clear blue sky. The caps are scattered across the upper half of the image, some still attached to their tassels.

COLLEGE SCHOLARSHIPS!

**APPLY
NOW!**



**May 15th
Deadline!**




COLLEGE SCHOLARSHIPS


**APPLICATION DEADLINE:
MAY 15TH**

APPLY ON-LINE AT:

AHMYOUTH.ORG/SCHOLARSHIPS/




 860-228-9488

 25 Pendleton Drive
Hebron, CT 06248



www.ahmyouth.org

PAIGE 
**HOUSTON
SCHOLARSHIP**
\$500

**ERIN
GARVIE
SCHOLARSHIP**
\$1,500

**WILLIAM
STELZNER
SCHOLARSHIP**
\$500



THE YALE WHIFFENPOOFS

THE NATION'S OLDEST A CAPPELLA GROUP



AHM'S SPRING CONCERT & AUCTION

SATURDAY, MAY 20TH 2023, 7 PM

AHM'S PERFORMING ARTS HALL. 25 PENDLETON DRIVE, HEBRON CT

\$45 per person
Livestream also available for \$25!



ahmyouth.org/fundraisers-events/spring-concert/



AHM'S SPRING CONCERT SPONSORSHIP

PREMIER ENTERTAINMENT one available	XL Banner displayed for one year 2 concert tickets or livestream access Meet and greet with the performer Full page ad in playbill Acknowledgement on all printed and online material	\$3000 AND ABOVE
PLATINUM COMMUNITY one available	XL Banner displayed for one year 2 concert tickets or livestream access Full page ad in playbill Acknowledgement on all printed and online material	\$2500
DIRECTOR'S CIRCLE 3 available	Banner displayed for one year 2 concert tickets or livestream access 3/4 page ad in playbill Acknowledgement on all printed and online material	\$1250
WHOLE NOTE	Shared banner displayed for one year Livestream access 1/2 page ad in playbill Acknowledgement on all printed and online material	\$500
HALF NOTE	Shared banner displayed for one year Livestream access 1/4 page ad in playbill Acknowledgement on all printed and online material	\$250
QUARTER NOTE	Shared banner displayed for one year Livestream access Thank you in playbill Acknowledgement on all printed and online material	\$100

any donation up to \$100 will receive acknowledgement
on all social media accounts and our website

Project Graduation 2023

Revolutions
In S. Windsor
— 3rd Year
Going Back!
10:00PM to
4:00AM
Night of
Graduation



Food Served
All Night



Free-play
Arcade



State-of-the-Art
Bowling & Lounge Area

QUESTIONS...

jenniferb@ahmyouth.org
860-228-9488 Ext. 22

Register

Buy Raffle
Prize Off
Amazon
Gift List

Make \$
Donation

Donate
Item
To Be
Raffled
Off

Chaperone
Event

Apply for
Program
Scholarship



Large
Outdoor
Patio Area
with Fizzy
Juice Drinks!

Five Outdoor
Volleyball
Courts

Airbrush
Tattoo Artist

Ticket Price: \$70.00

Project Graduation is a drug and alcohol-free celebration that takes place at a fun-filled venue that has something for each graduate to enjoy, on the night of RHAM High School's graduation.

Our 2021 and 2022 graduates went to Revolutions in South Windsor and had a blast! Graduates are bussed to the location on the night of graduation where they enjoy being together as a class one last time. Entertainment, prizes, food, and games keep the graduates safe on an evening that statistically ranks as the highest in car accidents due to impairment.

AHM Youth & Family Services has proudly coordinated Project Graduation for over 25 years with thousands of graduates in attendance!

This year's Project Graduation event will occur on June 15th, at approximately 9:00 pm till 4:00 am at REVOLUTIONS in South Windsor!



SAVE THE DATE!

AHM'S 20TH ANNUAL CHARITY GOLF TOURNAMENT

JULY 21ST, 2023
BLACKLEDGE COUNTRY CLUB, HEBRON

REGISTRATION

\$125

scan here! >>>



@ahmyouth.org/

fundraisers-events/charity-golf-tournament/



Health Matters

Learn about our Health Matters Program!



ahmyouth.org/programs-services/health-matters/



Programs & Services Offered By AHM

YOUTH SERVICES BUREAU

Intervention

Youth and Family Counseling • Juvenile Review Board (JRB)
School-Based Student Support Services
Substance Abuse Counseling • Smart Recovery

Prevention

Health Matters Programs • Project Graduation
CHEC Coalition • SOAR Youth Leadership Group

Positive Youth Development

Youth Theater • Empowerment Camp • Power of Words
CHORES & TASKS Youth Employment Programs • Peer Helpers

FAMILY RESOURCE CENTER

Free Developmental Screenings • Parent Education Classes • Lanterns
Mentoring Program • Groups for children birth-5 • Home Visits
Family Referral Services • KinderRHAMa Preschool

For more information on AHM's services and events, please visit our website at: www.ahmyouth.org or contact us at (860) 228-9488



Follow us on social media

@ahmyouth

