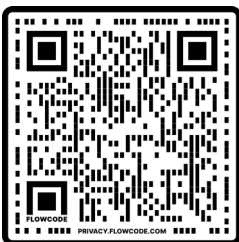




Programs, Services & Events!



REGISTER FOR
PROGRAMS



AHM's Programs & Services.....

AHM Youth & Family Services

Founded in 1983, AHM is a non-profit charity 501-(c) (3) that provides many services to the communities of Andover, Hebron, Marlborough & Columbia.

AHM's services include: helping divert teens from juvenile court, providing community drug and alcohol prevention activities, mental health counseling and social work services, youth worker programs for senior citizens, as well as many positive youth & family

activities. AHM has both a Youth Service Bureau and a Family Resource Center, which includes intervention, prevention and positive youth development programs and services. In addition to our main office location at 25 Pendleton Drive, Hebron, we have satellite offices & programs providing Student Support Services in each of the K-12 local schools within Andover, Columbia, Hebron, Marlborough & Regional School District #8 (RHAM).

AHM Executive Director:

Tressa Giordano

Board Officers:

Brendan Shea - President

Sara Tarca - Vice President

Paulette Adams - Treasurer

Joleen Yorio - Recording/Corresponding Secretary

Board Directors:

Brenda Bula, Director

Michael Chemerynski, Director

Kay Corl, Member at Large

Steve Fish, Director - Immediate Past President

John Gasper, Director

Pastor Brian Hardee, Director

Aubree Jordan, Youth Director

Inara Kermalli, Youth Director

Maryanne Leichter, Director

Raymond "Chip" Morris, Director

Gayle Mulligan, Director

William Sudol, Director

Marcia Tecca, Director

Peter Yorio, Director



As a 501(c)(3) nonprofit organization, AHM is governed by a volunteer Board of Directors, all of whom are local residents collectively dedicating hundreds of community leadership service hours annually. In addition to adult directors, the Board also includes youth representation as part of its belief in the philosophy of Positive Youth Development.

If you are interested in joining AHM's Board of Directors, please contact Tressa Giordano at TressaG@ahmyouth.org



Fundraisers & Events

Follow events
on facebook!



Help support AHM's programs & services for our community by making a donation during our Annual Appeal 2024 at:

ahmyouth.org/make-a-donation/



AHM's Annual Appeal

There are several ways to give a gift to AHM. Your financial support helps us to continue our work in the areas of intervention, prevention and positive youth development. You can also help by donating goods and services, volunteering and supporting our many events.

Areas to donate to:

- Donation to our General Operating Fund
- Memorial and Honorary Gifts
- Workplace Giving
- Matching Gifts
- Tax Free IRA Gift (70 1/2 and older)

We love our volunteers!

If you would like to volunteer for a fundraiser or event, please contact Ann Marie Drury.



For questions about these events, please contact:
Individual Giving & Event Coordinator, Ann Marie Drury
860-228-9488 x29 AnnMarieD@ahmyouth.org



AHM'S SPRING CONCERT

MAY 18TH, 2024 - 7PM

This year our concert will feature three local performers:
Key of H, One Part Harmony, & Steve McCarthy!

TICKETS ON SALE NOW!
\$45/PERSON



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



AHM'S 21ST ANNUAL CHARITY GOLF TOURNAMENT

FRIDAY, JULY 19TH 2024

BLACKLEDGE COUNTRY CLUB, HEBRON

REGISTRATION
\$140



[@ahmyouth.org/fundraisers-events/charity-golf-tournament/](https://ahmyouth.org/fundraisers-events/charity-golf-tournament/)

Scan for Events &
Fundraiser page!



Family Resource Center



The AHM Family Resource Center received its first grant in 1996 from the Connecticut State Department of Education and has collaborated with the four regional Elementary Schools, the Middle School and the High School in various programs and services. The philosophy of Family Resource Centers is that healthy development and good education begin with access to support services from birth. When these services are offered in schools, services are readily accepted and accessible to families. * *Location: Gilead Hill School, Family Resource Center unless otherwise noted.*

All Family Resource Center programs are facilitated by staff Ashlee Parks & Becky Murray unless otherwise noted.

Play & Learn at GHS

The program includes crafts, free play with materials (trucks, train table, play kitchen, puzzles), circle time, snack, information about parenting and child development in a fun and relaxed atmosphere! All enrolled families will be offered a free developmental screening for their child.

Dates: 6/25, 7/2, 7/9, 7/16, 7/23, 7/30

Time: Tuesdays, 9:30 - 10:45 am

Fee: \$48/family, 6 classes

Age: Birth-5 and parents/caregivers

Location: Gilead Hill School, Family Resource Room

Play & Learn in the Park

Participants will have the opportunity to play outside, socialize with other children and families, explore the playground, engage in developmentally appropriate games and learning experiences, and enjoy listening to a story and songs.

Dates: 6/27, 7/11, 7/18, 7/25, 8/1, 8/8

Time: Thursdays, 9:30 - 10:30 am

Fee: \$40/family, 6 classes

Age: Birth-5 and parents/caregivers

Location: Veteran's Memorial Park, Hebron

First Steps in Music

This program is geared towards children ages 0-5 and their grown-ups. Participants are engaged in many 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.

Instructor: Mallory Kokus

Location: AHM Performing Arts Room

Summer Session 1

Dates: 6/26, 7/3, 7/10

Time: Wednesdays, 9:30 - 10:15 am

Fee: \$50/family, 3 classes

Age: Birth-5 & parents/caregivers

Summer Session 2

Dates: 7/24, 7/31, 8/7

Time: Wednesdays, 9:30 - 10:15 am

Fee: \$50/family, 3 classes

Age: Birth-5 & parents/caregivers

Messy Hands

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! Materials may include: fingerpaints, playdough, slime, water play, shaving cream, & other substances. Please come dressed in VERY casual clothing, smocks will be provided!

Dates: 6/27, 7/11, 7/18, 7/25, 8/1, 8/8

Time: Thursdays, 11am - 12:00 pm

Fee: \$48/family, 6 classes

Age: Children 2-5 and parents/caregivers



Kids in the Kitchen

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.

Dates: 8/13, 8/15, 8/20, 8/22

Time: Tuesdays & Thursdays, 10 - 11:00 am

Fee: \$40/family, 4 classes

Age: Children 3-6 and parents/caregivers

Your Baby: The First Year!

Come meet other local parents with babies and discuss the challenges and joys of baby's first year! We will discuss baby's growth and development during the first year of his/her life including milestones such as babbling, crawling, sitting, and discuss sleep and feeding, as well as parents' adjustment to their new role. Babies are welcome and snack will be provided! Parents, grandparents, and caregivers are welcome!

Instructors: Ashlee Parks & Becky Murray

Fee: FREE

Age: Birth-1 and parents/caregivers

Summer Session 1

Date: Tuesday, 7/16, 11 am -12:00 pm

Summer Session 2

Date: Tuesday, 8/6, 11 am -12:00 pm

Positive Discipline

Come join us in a discussion of Positive Parenting Skills including: Using empathy and encouragement for better communication, Dealing with temper tantrums and meltdowns, Helping children cope with strong emotions, Discussion of natural and logical consequences, Further resources for positive discipline including web-based videos and books!

Instructors: Ashlee Parks & Becky Murray

Date: Wednesday, 7/24, 7:30 - 8:30 pm

Fee: FREE

Age: Parents/caregivers

Lanterns Mentoring Program

Hang Out Day for Mentors & Students

Mentors and students enrolled in the Lanterns program are invited to spend an hour or a few visiting with each other over the summer, in a casual unstructured environment. Mentors and students can use the AHM building and its outdoor areas to chat, play games, do arts and crafts, or just hang out and talk. Bring your own activities or use our materials. AHM will provide snacks and drinks. This is not a formal gathering - it is simply a time to visit if you can. Students may be dropped off and picked up.

Date: Thursday, 7/11, 3 - 7:00 pm

Fee: FREE for Mentors & their students

Summer Ice Cream Social

Mentors, students and their families enrolled in the Lanterns program are invited to the AHM Building for an Ice Cream Sundae Social! All are invited to enjoy a cool treat and catch up on summer adventures before mentoring visits begin in the fall!

Date: Thursday, 8/22, 5:30 - 6:30 pm

Fee: FREE for Mentors, their students and families

RSVP for both programs:

Laura Beeler,

LauraB@ahmyouth.org



FRC Director: Becky Murray

Cell: 860-573-1260

GHS Classroom: 860-228-0871

KinderRHAMa Classroom: 860-228-5310

Email: BeckyM@ahmyouth.org

FRC Associate: Ashlee Parks

GHS Classroom: 860-228-0871

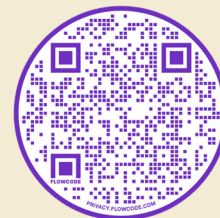
Email: AshleeP@ahmyouth.org

Lanterns Coordinator: Laura Beeler

860-228-9488, x10

Email: LauraB@ahmyouth.org

scan
here!



Health Matters Programs



Health Matters is a mind and body wellness program developed by AHM's Leadership, Mental Health and Prevention Team. Residents of all ages from Andover, Hebron, Marlborough, and Columbia are invited to participate. AHM believes participation in healthy programming is one of the best ways to reduce risk factors for mental illness and substance abuse in youth, families, and our communities. **All classes will be held in AHM's Wellness Room.**

Adult Dance & Exercise Classes

Join us for adult dance and exercise classes, led by Tressa Giordano, AHM's Executive Director. In addition to her time spent at AHM, Tressa is also a dance instructor at Dance Express of Tolland, and is a Certified Zumba instructor with AFAA Group Exercise Certification.

Instructor: Tressa Giordano, AHM's Exec. Director

Fee: \$10/person, per class

Ages: 16+

Adult Beginner Tap

Come learn the basic steps of tap dancing through easy to follow break down instruction. This class will include basic tap vocabulary, practicing of steps, and then a short dance combination putting basic rhythms together to upbeat music. This class is designed for the beginner dancer, or someone who would like a refresher.

Dates: Mondays, 6/17 & 8/19, 5 -5 :50 pm

Adult Intermediate Tap

This class is designed for those who have some experience in tap dancing and can recall basic steps (shuffles, flaps, Irish, Buffalo, etc). Review of tap steps, down the room exercises, and then a short dance combination to a fun piece of music will all be included in this upbeat class.

Dates: Mondays, 6/17 & 8/19, 6 -6 :50 pm

Zumba

Join us for a Zumba class! Zumba is a Latin-inspired dance workout, that instructors say is primarily an aerobic workout — and it's all about having fun!

Dates: Mondays, 6/17 & 8/19, 7 -8 pm

Class Location: AHM's Performing Arts Room

Beach Bag Decorating

Create your very own tote bag, perfect for days at the beach, or everyday use! Unleash your creativity using vibrant paints, fabric, stickers, jewels, and more!

Instructor: Shamane Shepard

Date: Wednesday, June 5th, 6 - 7:00 pm

Fee: \$15/person

Age: 5+

Charcuterie - July 4th Themed!

This workshop will teach you how to incorporate flavors and textures, using red, white, and blue, to create an amazing 4th of July-themed charcuterie board. Participants will leave with a centerpiece that is sure to impress their guests.

Instructor: Emily Love, Make Food Lovely

Date: Saturday, June 29th, 10 am - 12:00 pm

Fee: \$40/person

Age: 16+

Dream Catchers

Create your very own dream catcher! Tina Parsadanov, of The Color House, will guide and inspire you to create an amazing dream catcher. No prior knowledge or skills required for this workshop. Suitable for adults and kids.

Instructor: Tina Parsadanov, The Color House

Date: Tuesday, August 20th, 6 - 7:30 pm

Fee: \$25/person

Ages: 6+

Kids Chocolate Dipping

Let's make sweet treats for the 4th of July! Kids will dip one dozen strawberries in chocolate and decorate them with a variety of red, white, and blue toppings.

Instructor: Shamane Shepard



Date: Wednesday, July 3rd, 6 -7:00 pm

Fee: \$5/person

Age: 5+

Kids Lollipop Bouquet

Looking for a creative, fun way to brighten up someone's day? Join us and make a lollipop bouquet. Kids will make lollipops using colorful chocolates and various molds. Ingredients and supplies included.

Instructor: Shamane Shepard

Date: Wednesday, July 31st, 6 - 7:00 pm

Fee: \$10/person

Age: 6+

Kids Yoga

Join us for three different Kids Yoga classes, all led by Rachel Kaczynski, Founder of Healthy Chicks & creator of the "Mindful & Magical Me" Kids Inspiration Deck. All levels welcome!

**visit our website for full class descriptions!*

Instructor: Rachel Kaczynski

Fee: \$10/person, per session

Ages: 4-10

Session 1: Camping in the Moonlight

Date: Thursday, June 20th, 5 - 5:45 pm

Session 2: Under the Sea

Date: Thursday, July 25th, 5 - 5:45 pm

Session 3: Rainbow Fantasy Island

Date: Thursday, August 8th, 5:00 pm - 5:45 pm

Painting Birdhouses

In this session, artist Audrey Carroll-Prucnal will guide you step-by-step while painting a beautiful picture of birdhouses on an 11 x 14 canvas using acrylic paints!

Instructor: Audrey Carroll-Prucnal

Date: Thursday, August 1st, 5:30 - 7:30 pm

Fee: \$10/person

Age: 10+

Paint Your Pet!

Paint a portrait of your favorite furry friend! Come create a pop art masterpiece, perfect for your home, or as a gift for the pet lover in your life. Email a photo of your pet to thecohoct@gmail.com. Photos must be received two days before the workshop. No drawing experience required. All materials are included.

Instructor: Tina Parsadanov, The Color House

Date: Tuesday, July 16th, 6 - 7:30 pm

Fee: \$25/person

Ages: 5+

Picture Perfect - Imagine & Mold

Come join us for a 2-hour clay-based art class. In each class we will explore different types of clay and techniques to create a one-of-a-kind masterpiece.

Instructor: Kristina Henry & Colleen McLeod

Fee: \$20/person, per session

Age: 8-12

4 Sessions Available:

Session 1: July 11th, 9 - 11 am

Session 2: July 15th, 2 - 4 pm

Session 3: Aug 6th, 9 - 11 am

Session 4: Aug 19th, 2 - 4 pm

Vase Painting

On June 25th, participants will paint patterned pottery vases! Pieces will be taken back to the studio to be fired, and returned to AHM for pickup. This workshop is perfect for children and adults.

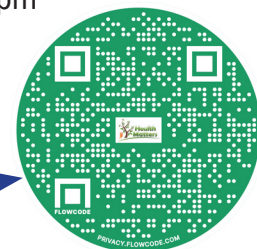
Instructor: Tina Parsadanov, The Color House

Date: Tuesday, June 25th, 6 - 7:30 pm

Fee: \$25/person

Ages: 6+

Visit our [Health Matters page](#) for more information!



Health Matters Program Coordinator

Shamane Shepard

Phone: 860-228-9488 x10, Email: ShamaneS@ahmyouth.org



Prevention Programs



AHM's Prevention Programming promotes awareness of and education about substance and alcohol use among our youth with initiatives designed to reduce occurrence. AHM's Coalition

for a Healthy & Empowered Community (AHM CHEC) and its youth alliance, SOAR Youth Leadership Group, work towards this goal through healthy lifestyle activities and events in the community and in the schools.

AHM CHEC is made up of RHAM Middle School and RHAM High School administrators, town leaders, parents, business owners, and community members, with the focus to incorporate increased community wellness with an emphasis on helping to keep youth alcohol and drug free.

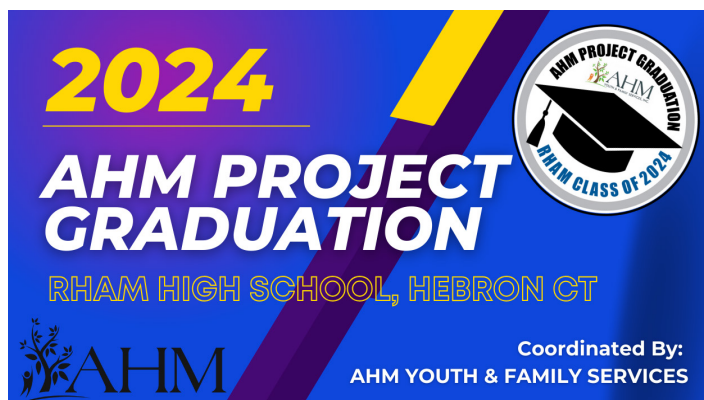
Project Graduation Event 2024 - Friday, June 14th

Project Graduation is the all-night, substance-free celebration that occurs on the night of graduation. Planning is well under way for this year's event for RHAM's "Class of 2024". Parents of RHAM Juniors and Seniors are needed to fine-tune the event details with the AHM Project Graduation Coordinator.

Benefits of Project Graduation:

- Emphasizes making the choice not to drink alcohol or consume drugs when celebrating a special milestone
- Eliminates teen decisions about drinking or drugs on graduation night, and the entire community is assured that graduates are in a safe environment
- Ensures that every graduate has a party to attend; no one is excluded or left out for social or financial reasons
- Allows all graduates to celebrate together in one location

AHM's number one goal is to keep our graduates safe on an evening that statistically ranks as the highest in car accidents due to impairment. AHM Youth & Family Services proudly coordinates Project Graduation and has done so for over 25 years with thousands of graduates having attended this celebration.



Registration Opens May 1st!

RHAM students will receive a packet of information in the mail with directions on how to register.

Cost to register is \$70 per student.

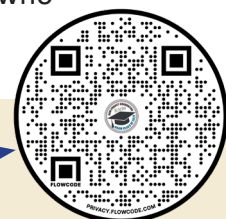
Location: Revolutions in South Windsor

Date: Friday, June 14th, night of RHAM graduation

Time: TBD

*A scholarship is available for those who are experiencing financial hardship.

Visit our Project Graduation page for information on the event & to purchase your signs!



Prevention Programs Coordinator:
Ashlee Parks, 860-228-9488, x22
Email: AshleeP@ahmyouth.org





It's Time To Order!

Order Signs by May 31st!

Go to: ahmyouth.org/fundraisers-events/project-graduation

THIS is a AHM Project Graduation Fundraiser!

Show your support for RHAM Class of 2024 seniors by purchasing a "Congratulations" yard sign! These signs will be available for purchase, at \$20 each! Each sign is an 18" x 24" yard sign with yard stake included. There is a blank space on the sign for you to write your graduate's name on it!

Thank you to our proud sponsors of Project Graduation!



SOAR Youth Leadership Group
SOAR welcomes RHAM Middle School and RHAM High School students who would like to make positive changes on the RHAM campus through service and education. All students are welcome! Leadership and community service opportunities are available throughout the school year. AHM sponsors SOAR Youth Leadership Group, under the direction of Prevention Coordinator Ashlee Parks and RHAM High School School Psychologist Carol Rusch.

ACCEPTING NEW MEMBERS!

SOAR Youth Leadership Group 2023-24
For RHAM Middle School And RHAM High School Students

MONTHLY MEETINGS	November	December
The 3rd Tuesday of the Month in the RHAM High School Fish Bowl from 2:20 - 3:20 PM.	Meeting: 11/21	Meeting: 12/19
FACILITATED BY Ashlee Parks AHM Prevention Coordinator ashleep@ahmyouth.org	Create Thread/Friendship bracelets with a bonus "Life Stresses" discussion Bring a friend! RSVP in Front Office!	Make A Positive Affirmation Sign with a Holiday or Winter theme! Bring a friend! RSVP in Front Office!
Carol Rusch RHAM H.S. School Psychologist carol.rusch@rhamschools.org		
January	February	March
Meeting: 1/16	Meeting: 2/27	Meeting: 3/19
Mental Wellness Awareness Event! After School on 1/16 from 2:30 - 3:30 Meditation Neuro Art Zumba, Yes! Zumba EVENT OPEN TO ALL STUDENTS & STAFF - RSVP MAIN OFFICE	Planning Meeting! Wear SOAR gear!	Guest Speaker! Motivational & Marketing Master: Michelle Nicholson After School on 3/19 from 2:30 - 3:30 EVENT OPEN TO ALL STUDENTS & STAFF - RSVP MAIN OFFICE
April	May	June
Meeting: TBD	Meeting: 5/21	
After School Game Day! Date TBD Ping Pong, Corn Hole, Large Yard Games EVENT OPEN TO ALL STUDENTS & STAFF - RSVP MAIN OFFICE	Outdoor Picnic Sidewalk Chalk Art Create Inspirational Messages At Middle School & High School Main Entrance Ahead of Finals	Students who requested Letters of Recommendation for their participation in SOAR may pick it up during the month of June in the Guidance Department!

SERVICE | OPPORTUNITY | ACHIEVEMENT | RESILIENCE



Intervention Services.....

School-Based Support Services

AHM provides school-based student support services for elementary, middle, and high school students. A Student Support Services Counselor (SSSC) is located within the school, and can be easily accessed by students for a variety of needs. Services include individual counseling, group counseling, risk assessment, crisis intervention, classroom/teacher support, parent support, referrals to outside services, peer mediation, and positive youth development programming.

Student Support Services Counselors are master's level therapists or school counselors who are professionals in the field of mental health. They are skilled in identifying a child's needs, collaborating with school staff and parents, and offering interventions designed to support each student's success. Our counselors are also active in the Juvenile Review Board, as well as on-going positive youth programming such as Power of Words, Peer Helpers, Freshman Orientation, Empowerment Camp, among others.

If your child is struggling, please reach out.

We are here for you. Our counselors address these topics and more:

- Counseling services
- Crisis intervention
- Assessment/referral to outside services
- Support & SMART Recovery groups
- Juvenile Review Board
- Peer Helpers
- Power of Words program
- Collaboration & consultation with school staff
- Collaboration with parents
- Family-based interventions

QPR & Narcan Training

Training will include: The Good Samaritan Law, support information and resources, and warning signs of a suicide crisis and how to respond.

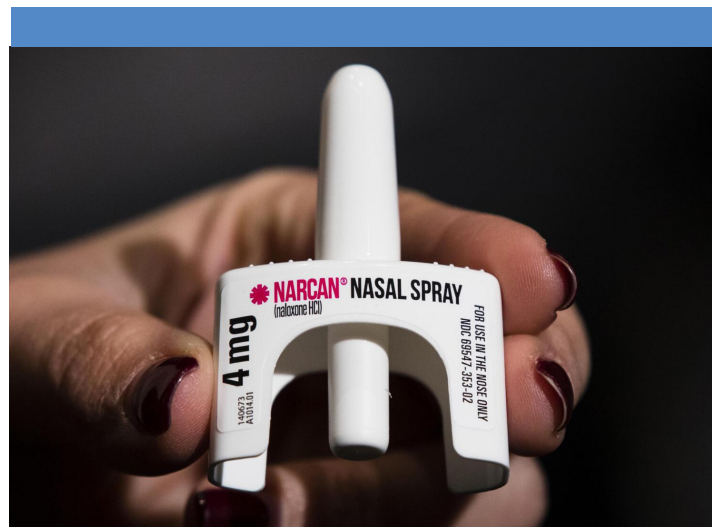
Participants will receive a QPR (Question, Persuade, Respond) training booklet and a 2-dose supply of Narcan, an opioid overdose treatment.

Contact us to set up a training!

We are happy to come to your location for a "Lunch & Learn" style training, or schedule your training here in our facility at 25 Pendleton Drive, Hebron.

Email inquiries to Tressa Giordano at:

860-228-9488, x13 or email TressaG@ahmyouth.org



AHM Clinical Program Expansion

AHM Youth & Family Services was recently selected by the Hartford Foundation for Public Giving as one of only 8 non-profits to participate in a 30-month journey to develop and implement an earned income venture business plan that complements our mission and supports the financial sustainability of the organization. We are thrilled to use this extraordinary opportunity to implement AHM's Therapist Mentorship Program, which will help our clinical program grow to meet the needs of youth seeking mental health support.

Through this partnership, we have been fortunate to work alongside experts to help us create new revenue streams, which will enable us to move on a trajectory to better fulfill AHM's mission to promote and support the health and well-being of children, youth, and families in our community. At the heart of this work is an opportunity to expand our mental health clinical services to a growing list of those who need it. We are now well poised to implement this new plan and take our organization to new heights. The Social Enterprise Accelerator is provided in partnership with No Margin, No Mission, a national consulting firm dedicated to helping nonprofits increase their earned income and entrepreneurial capacity. In addition, AHM had the opportunity to work with Sara Leonard Group, who provided guidance and education for fund development.

The Hartford Foundation for Public Giving has created a matching challenge: for every dollar of start-up capital raised by AHM, the Foundation will match dollar for dollar, up to \$30,000.



Smart Recovery Support

SMART Recovery helps people to gain independence from addiction. The 4-Point Program offers specific tools and techniques for each of the program points:

- Point 1: Building and Maintaining Motivation
- Point 2: Coping with Urges
- Point 3: Managing Thoughts, Feelings and Behaviors
- Point 4: Living a Balanced Life

AHM is currently offering SMART Recovery meetings for teens. Follow our website for more information on when our Friends & Family and Young Adult groups will start back up again.

YouthRecoveryCT



scan for updates on meetings! →



For questions about these services, please contact:
Megan Aldridge, AHM Clinical Director
Phone: 860-228-9488 x17, Email: MeganA@ahmyouth.org
Danielle Annibalini, AHM Clinical Supervisor
Phone: 860-228-9488 x18, Email: DanielleA@ahmyouth.org



••••• *Programs & Services Offered By AHM* •••••

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
Coalition for a Healthy & Empowered Community (CHEC) | SOAR Youth Leadership Group

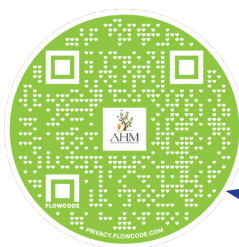
Positive Youth Development

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 and parents/caregivers | 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



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here!



Follow us on social media
@ahmyouth

