

"The shoe that fits one person pinches another; there is no recipe for living that suits all cases." -Carl Gustav Jung

About Southington Behavioral Health and Social Services Stakeholders' Group

A bimonthly gathering where local agencies share resources, hear featured presentations, and collaborate to meet Southington's behavioral health and social service needs. The group brings together a diverse network — including behavioral health and basic needs providers, schools, town departments, and organizations serving older adults, LGBTQ+, and other populations — to learn, connect, and address community needs.

COMMUNITY EVENTS/UPDATES





56TH ANNUAL SOUTHINGTON APPLE HARVEST

Join over a hundred thousand people for Southington's 56th Annual Apple Harvest. Two weekends filled with food, fun, fireworks, and more.

Dates: October 3, 4, 5 & 10, 11, 12, 2025 Location: Southington Town Green

Click **here** for more information on festival hours and activities.



ANNUAL RED RIBBON RALLY

The Red Ribbon Rally invites student sport teams and clubs to participate by taking the stage to explain why remaining substance-free is important to them.

Date: Thursday, October 16, 2025

Time: 6:45pm-8:00pm

Location: Southington Town Green

Click here to sign up.

Click flyer to access pdf version.



THURSDAY, OCTOBER 16, 2025

6:45 - 8:00 PM SOUTHINGTON TOWN GREEN

*please note the change from the original date of 10/14

or go to bit.ly/RRR-2025





COMMUNITY EVENTS/UPDATES





March with ECCS at the Apple Harvest Festival

ECCS will be marching in the Apple Harvest Festival Parade on **Sunday 10/5/ at 2pm. Rain date is 10/12.** You are welcome to join us. You can wear your organization's shirt or carry a sign about an issue around supporting families with young children. Reach out to ECCS Executive Director, Joanne Kelleher, at southingtonearlychildhood@gmail.com for more information.

ECCS Community Outreach

- Office hours at new ECCS office
 - Date/Time: Friday, 10/3 from 9:30am to 11:00 am, Tuesday, 10/21 from 4:00pm to 6:00 pm and by appointment.
 - Location:35 North Main Street, Suite 3A-8 Southington, CT
- Exhibit at Halloween in the Village
 - Date/Time: Sunday, October 26 from 4:30pm to 7:00pm
- Preschool Showcase with Southington Public Library
 - Date/Time: Saturday, November 8 from 9:30am to 12:00pm

OL ALZHEIMER'S' OASSOCIATION



WALK TO END ALZHEIMER'S

Central CT Alzheimer's Association will be hosting their annual Alzheimer awareness walk and fundraising event. If you or someone you know is interested in volunteering — especially students looking for a great opportunity — please contact Jess Tessman at Jetessman@alz.org

Date: October 18, 2025.

Time: 9:00am (event start), 10:00am (ceremony), 10:30am

(walk)

Location: Rockwell Park, Bristol, CT

Click <u>here</u> for more information register and/or donate.

Click flyer to access pdf version.



SOUTHINGTON COMMUNITY HEALTH Outreach Project

COMMUNITY EVENTS/UPDATES





YMCA Wellness Workshops

Southington YMCA will be hosting various wellness workshops throughout the remainder of the year, including <u>Free Monthly Prevention Resource</u> <u>Events, Sober Yoga Workshops</u>, and <u>End of Life Planning Workshops</u>.

Click flyers below to access more information on each event.









Southington Community Health Outreach Project's Outreach Hours

Join us during outresche burs to learn how Southington residents can access behavioral health education, resources, and referrals to support overall well-being.

Southington YMCA.
Spirit. Mind. & Bady Center
Simble Manager Manager

The Southington Community Health Outreach Project (SCHOP) will be hosting outreach tables at the following Southington locations: Calendar House, YMCA, Bread for Life, and the Southington Public Library.

Click <u>here</u> to view flyers for dates, times, and the available services

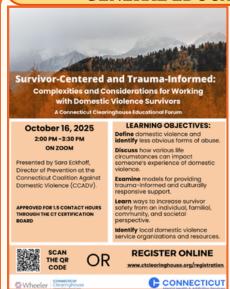






PROFESSIONAL DEVELOPMENT AND GENERAL EDUCATION EVENTS





SURVIVOR-CENTERED AND TRAUMA-INFORMED: COMPLEXITIES AND CONSIDERATIONS FOR WORKING WITH DOMESTIC VIOLENCE SURVIVORS

Date: Thursday, October 16, 2025

Time: 2:00 pm-3:30 pm

Location: Zoom

Click flyer or scan QR code for more info and registration

"This presentation will "discuss how various life circumstance can impact someone's experience of domestic violence, while examining models of providing trauma-informed and culturally responsive support."

ECCS Early Childhood Collaborative of Southington

ECC "Community Table"

As part of the Early Start CT initiative, Early Childhood Collaborative of Southington is forming a Community Table to support families with children prenatal–age 6. The group will meet six times a year with local partners and providers.

Interested? Contact Joanne Kelleher at southingtonearlychildhood@gmail.com for more info.



ZENTANGLE WITH LAURA ZEPPIERI

Date: Wednesday, October 8, 2025

Time: 2:00 pm-4:00 pm

Location: Connecticut Clearinghouse

334 Farmington Ave Plainville, CT 06062

Click flyer or scan the QR code for more info and registration

Come join in on a relaxing and educational afternoon of Zentangle.

Click here to get notifications on more trainings through Connecticut Clearinghouse

RESOURCES



Findhelp.org

- Click <u>here</u> to find free or reduced-cost resources like food, housing, financial assistance, health care, and more.
- Southington Behavioral Health Resource Directory-4th Edition
 - Click <u>here</u> for digital directory. For physical copies, please contact Magdalin Odoi, Senior Coordinator for the Southington Community Health Outreach Project, at <u>modoi@wheelerhealth.org</u>.
- National Domestic Violence Awareness Month Resources
 - o Prudance Crandell
 - CTsafeconnect
 - o Connecticut Clearinghouse domestic violence resources
- Youth Substance Use Prevention Month Resources
 - o Foundation for Advancing Alcohol Responsibility
 - o Connecticut Clearinghouse prevention resources
 - o The Governor's Prevention Partnership
 - Youth Recovery CT

Upcoming Stakeholders' Meetings All meetings run from 10:00am-12:00pm

- November 13, 2025- LiveWell 1261 S.
 Main St, Plantsville, CT 06479
- January 8, 2026- Location TBD
- March 12, 2026- Location TBD
- May 14, 2026- Location TBD
- July 9, 2026- Location TBD
- September 10, 2026- Location TBD
- November 12, 2026- Location TBD

Stakeholders' Meeting Minutes



- July 2025 Meeting
 - Click here to access minutes
- September 2025 Meeting
 - Click here to access minutes





- One-minute breathing exercise
 - o Inhale for 4 counts, exhale for 6
- Grounding exercise
 - Notice 5 things you see, 4 you feel,3 you hear, 2 you smell, 1 you taste
- Mindful pause tip
 - Before eating, take one deep breath and notice your food).
- <u>Reducing Burnout in Behavioral Health</u>
 <u>Providers (Podcast)</u>





