

# SOUTHINGTON BEHAVIORAL HEALTH AND SOCIAL SERVICES STAKEHOLDERS

## OCTOBER 2025 NEWSLETTER

"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 56<sup>th</sup> 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.\*\***



# SOUTHINGTON BEHAVIORAL HEALTH AND SOCIAL SERVICES STAKEHOLDERS

## COMMUNITY EVENTS/UPDATES



**ECCS**  
Early Childhood Collaborative  
of Southington



### 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](mailto: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



### 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](mailto:Jetessman@alz.org)**

**Date:** October 18, 2025.

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

**Location:** Rockwell Park, Bristol, CT

Click [here](#) for more information register and/or donate.

**\*\*Click flyer to access pdf version.\*\***



# SOUTHINGTON BEHAVIORAL HEALTH AND SOCIAL SERVICES STAKEHOLDERS

## COMMUNITY EVENTS/UPDATES



### YMCA Wellness Workshops

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

**\*\*Click flyers below to access more information on each event.\*\***

**SAFE SPACES FOR END-OF-LIFE DISCUSSIONS**

END-OF-LIFE PLANNING WORKSHOPS  
SOUTHINGTON COMMUNITY YMCA

JOIN LIZ COLE FROM DELLAVECCHIA FUNERAL HOME FOR A VARIETY OF END-OF-LIFE DISCUSSIONS TO HELP YOU PLAN AND CELEBRATE YOUR LEGACY. SEE BACK OF FLYER FOR DESCRIPTIONS.

- FRIDAY 10/17 YOUR LIFE YOUR LEGACY: A PLAN TO MAKE IT RIGHT
- FRIDAY 11/21 MANAGING DECISIONS: YOUR PLAN TO MAKE IT MATTER
- FRIDAY 12/12 YOUR LEGACY MATTERS: WRITING YOUR STORY FOR FUTURE GENERATIONS

All classes run from 1-2pm at the Spirit, Mind, & Body Center. Classes are FREE but require pre-registration. Members & Non-Members are welcome!

Questions or Comments?  
Contact Jolene Miceli for details!  
[jmiceli@scymca.org](mailto:jmiceli@scymca.org) or 860.426.5589

SCCYMCA.org

**HEALTHY OPTIONS FOR SOBRIETY**

SOBER YOGA WORKSHOPS  
SOUTHINGTON COMMUNITY YMCA

ARE YOU SOBER OR EVEN SOBER CURIOUS? THE YMCA, IN CONJUNCTION WITH SOBER SOUTHLINGTON, IS OFFERING A SERIES OF WORKSHOPS TO EXAMINE HOW SOBRIETY AND YOGA CAN BE GREAT PARTNERS! OUR OFFERING INCLUDES A GENTLE YOGA CLASS FOLLOWED BY AN OPTIONAL FEW MINUTES TO DISCUSS OUR THEME OR ANYTHING ELSE THAT ARISES DURING PRACTICE. A MINDFUL PRACTICE OF AWARENESS, BREATH, AND MOVEMENT WITH THEMES THAT CONNECT TO SOBER LIVING.

- Friday October 24th 7-8:30PM
- Friday October 26th 7-8:30PM

Cost: \$5/class for Members and Non-Members. Pre-registration is required. Online sign-up available at [scymca.org](http://scymca.org).

Any issues or questions with registration for non-members please contact Christine Paulsen (860)426-5528 x365

No refunds available for missed classes.

Questions or Comments?  
Contact Jolene Miceli for details!  
[jmiceli@scymca.org](mailto:jmiceli@scymca.org) or 860.426.5589

Classes with pre-registration and a fee.

SCCYMCA.org

**FREE MONTHLY PREVENTION RESOURCES**

WE ARE HAPPY TO PARTNER WITH HARTFORD HEALTHCARE TO OFFER THE FOLLOWING SCREENINGS EVERY MONTH AT THE SOUTHLINGTON COMMUNITY YMCA

**October Dates:**

- Confused About Your Medicare Options? You're Not Alone!  
Th 10/2 11-12pm
- Memory, Blood Pressure, or Fall Risk Screenings  
Th 10/2 8:30-9pm
- Meet with a Dementia Specialist  
Tues 10/21 9-12pm
- Balance Screenings  
Fri 10/31 8:30-10:30am

**FREE, but registration required.**

Registration, Questions, or Comments?  
Contact Jolene Miceli  
[jmiceli@scymca.org](mailto:jmiceli@scymca.org) or 860.426.5589

SCCYMCA.org



## Southington Community Health Outreach Project's Outreach Hours

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 [here](#) to view flyers for dates, times, and the available services

**SOUTHINGTON COMMUNITY HEALTH OUTREACH PROJECT 2025 YMCA OUTREACH DATES**

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

**Southington YMCA Main Building Lobby 1ST MONDAY OF THE MONTH**

- Monday 10/06 3:30-4:30 PM
- Monday 11/03 3:30-4:30 PM
- Monday 12/01 3:30-4:30 PM

**Southington YMCA Spirit, Mind, & Body Center 3RD THURSDAY AND FRIDAY OF THE MONTH**

- Thursday 10/18 9:30-11:30 AM
- Friday 10/17 9:00-10:30 AM
- Thursday 11/20 9:30-11:30 AM
- Friday 11/19 9:00-10:30 AM
- Thursday 12/18 9:30-11:30 AM
- Friday 12/19 9:00-10:30 AM

**What is behavioral health?**  
Behavioral health is how our thoughts, feelings, and actions affect our overall well-being. It includes mental health, managing stress, substance abuse management and prevention, and healthy habits that support daily life.

**CONTACT US**  
Magdalen Odoi (She/Her)  
Senior Community Health Outreach Coordinator  
Phone: (860) 604-7448  
Email: [m.odoi@wheelermainstreet.org](mailto:m.odoi@wheelermainstreet.org)

Generously funded by the Bradley H. Barnes and Leila U. Barnes Memorial Trust at the Main Street Community Foundation

**SOUTHINGTON COMMUNITY HEALTH OUTREACH PROJECT 2025 BREAD FOR LIFE OUTREACH DATES**

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

**2ND TUESDAY OF THE MONTH 11:30 AM-12:30 PM**

- OCT 14
- NOV 11
- DEC 09

**LAST TUESDAY OF THE MONTH 11:30 AM-12:30 PM**

- SEP 25
- OCT 30

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**SOUTHINGTON COMMUNITY HEALTH OUTREACH PROJECT 2025 CALENDAR HOUSE OUTREACH DATES**

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

**1ST TUESDAY OF THE MONTH 2:30 PM-4:30 PM Location: Health Suite**

- Tuesday 10/02
- Tuesday 11/07
- Tuesday 12/02

**3RD THURSDAY OF THE MONTH 11:15 AM-1:15 PM Location: Health Suite**

- Thursday 10/16
- Thursday 11/20
- Thursday 12/18

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**SOUTHINGTON COMMUNITY HEALTH OUTREACH PROJECT 2025 SOUTHLINGTON PUBLIC LIBRARY OUTREACH DATES**

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

**1st Thursday of the month 2:30 PM - 4:30 PM**

- Thursday 10/04
- Thursday 11/07
- Thursday 12/04

**2nd Monday of the month 11:00 AM - 12:00 PM**

- Monday 10/06
- Monday 11/10
- Monday 12/08

**3rd Tuesday of the month 5:00 PM - 6:30 PM**

- Tuesday 10/14
- Tuesday 11/19
- Tuesday 12/16

**Last Friday of the month 11:00 AM - 12:00 PM**

- Friday 10/26
- Friday 11/30
- Friday 12/31

**Location: South Entrance Vestibule**

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# SOUTHINGTON BEHAVIORAL HEALTH AND SOCIAL SERVICES STAKEHOLDERS

## PROFESSIONAL DEVELOPMENT AND GENERAL EDUCATION EVENTS



**Survivor-Centered and Trauma-Informed:**  
Complexities and Considerations for Working with Domestic Violence Survivors  
A Connecticut Clearinghouse Educational Forum

**October 16, 2025**  
2:00 PM - 3:30 PM  
ON ZOOM

Presented by Sara Eckhoff,  
Director of Prevention at the  
Connecticut Coalition Against  
Domestic Violence (CCADV).

APPROVED FOR 1.5 CONTACT HOURS  
THROUGH THE CT CERTIFICATION  
BOARD

**LEARNING OBJECTIVES:**  
Define domestic violence and  
identify less obvious forms of abuse.  
Discuss how various life  
circumstances can impact  
someone's experience of domestic  
violence.  
Examine models for providing  
trauma-informed and culturally  
responsive support.  
Learn ways to increase survivor  
safety from an individual, familial,  
community, and societal  
perspective.  
Identify local domestic violence  
service organizations and resources.

SCAN THE QR CODE OR REGISTER ONLINE  
[www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)

Wheeler CONNECTICUT CLEARINGHOUSE

### 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.”



### 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](mailto:southingtonearlychildhood@gmail.com) for more info.

The Zentangle method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns.

WELLNESS WEDNESDAY

zentangle

With Laura Zepieri,  
Certified Zentangle Teacher

OCTOBER 8, 2025  
2:00 PM - 4:00 PM  
CONNECTICUT CLEARINGHOUSE  
334 FARMINGTON AVENUE  
PLAINVILLE, CT 06062  
All supplies provided!

YR CT Or visit [www.ctclearinghouse.org/registration](http://www.ctclearinghouse.org/registration)

SCAN TO REGISTER

### ZENTANGLE WITH LAURA ZEPIERI

**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](#)**



# SOUTHINGTON BEHAVIORAL HEALTH AND SOCIAL SERVICES STAKEHOLDERS

## RESOURCES



- **Findhelp.org**
  - Click [here](#) to find free or reduced-cost resources like food, housing, financial assistance, health care, and more.
- **Southington Behavioral Health Resource Directory-4th Edition**
  - Click [here](#) for digital directory. For physical copies, please contact Magdalin Odoi, Senior Coordinator for the Southington Community Health Outreach Project, at [modoi@wheelerhealth.org](mailto:modoi@wheelerhealth.org).
- **National Domestic Violence Awareness Month Resources**
  - [Prudence Crandell](#)
  - [CTsafeconnect](#)
  - [Connecticut Clearinghouse domestic violence resources](#)
- **Youth Substance Use Prevention Month Resources**
  - [Foundation for Advancing Alcohol Responsibility](#)
  - [Connecticut Clearinghouse prevention resources](#)
  - [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](#)

## Mindfulness Corner



- **One-minute breathing exercise**
  - 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).
- [Reducing Burnout in Behavioral Health Providers \(Podcast\)](#)



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SOUTHINGTON  
COMMUNITY HEALTH  
Outreach Project