

# How to Contact Us

If you would like more information regarding our programs and services or would like to make a donation to the TASKS Program, you can reach us at:

AHM Youth & Family Services, Inc.  
25 Pendleton Drive  
Hebron, CT 06248  
(860) 228-9488  
[www.ahmyouth.org](http://www.ahmyouth.org)



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# The AHM TASKS Program

Teens Assisting Seniors with Kindness and Support



In Partnership with  
AHM Youth & Family Services, Inc.  
and Columbia Senior Services



# Welcome!

Welcome to the AHM TASKS Work Program! This program is a partnership with local teens and senior citizens & administered by AHM Youth and Family Services, Inc.

The TASKS Program pairs local senior citizens with teens from the community. The Director of Senior Services in Columbia will determine if you are eligible for the program and connect you with Kate Graham, who is the coordinator for the TASKS program from AHM Youth & Family Services. Teens and senior citizens are paired based on the needs of the seniors and the types of jobs the teens like to do. This program is available to Columbia teens age 14 through 19, and senior citizens over the age of 60.

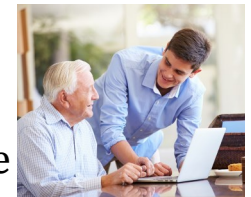
If you have questions or feedback about the TASKS program, contact Kate Graham at (860) 228-9488, or [kateg@ahmyouth.org](mailto:kateg@ahmyouth.org).

# Need a Helping Hand?

Do you have a chore or task that needs attention? Call us to be paired with just the right teen to get the job done!

## Assistance includes:

- Yard Work
- Light House Work
- Reading
- Computer Assistance



## At NO expense to you!

If you are interested in registering for the TASKS program or if you have any questions or concerns, please contact Bernadette Derring, the Columbia Senior Services Director, at (860) 228-0759 or [bderring@columbiact.org](mailto:bderring@columbiact.org).