AHM

Youth & Family Services

Fall 2026 Programs, Services, & Events!

AHM's Programs & Services

AHM Youth & Family Services

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

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Joleen Yorio, Recording/Corresponding Secretary

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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!

Ways to Support 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.

We love our volunteers!

If you would like to sign up to volunteer, please contact:

Individual Giving & Event Coordinator, Ann Marie Drury
Phone: 860-228-9488 x29
Email: AnnMarieD@ahmyouth.org

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)*

Family Resource Center

For children birth to 5 and their parents & caregivers

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. *All FRC programs are located at Gilead Hill School, in our Family Resource Center unless a different location is noted. Programs are for children age Birth-5 and their parents/caregivers, and are facilitated by Ashlee Parks & Becky Murray unless otherwise noted.

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!

Instructor: Mallory Kokus
Dates: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/10
Time: Tuesdays, 9:30 - 10:15 am
Fee: $130/family, 8 classes
Location: AHM - 25 Pendleton Drive, Hebron

Kids in the Kitchen!

Children will prepare and eat nutritious and delicious snacks in this group! 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. Siblings welcome!

Dates: 11/6, 11/13, 11/20, 12/4, 12/11, 12/18
Time: Fridays, 11 - 12:00 pm
Age: Kids 2 1/2 & up and parents/caregivers
Fee: $48 per family

Messy Hands

Sensory play allows children to engage their five senses by exploring different textures. Children will explore different messy materials while creating, constructing, and exploring! Materials may include: fingerpaints, playdough, slime, water play, shaving cream, and other substances.

Date: 11/5, 11/12, 11/19, 12/3, 12/10, 12/17
Time: Thursdays, 10 - 11:00 am
Age: Children 2-5 years old and parents/caregivers
Fee: $44/family, 6 classes

Play & Learn at GHS

Children will engage in learning experiences including: free play with a variety of materials, a short story and circle time. Participants will build social-emotional skills, and families can connect and learn about child development in a fun and relaxed environment.

P&L Session 1 - AM

Dates: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28
Time: Wednesdays, 9:30-10:45 am
Fee: $63/family, 7 classes

P&L Session 2 - AM

Dates: 11/4, 11/18, 12/2, 12/9, 12/16
Time: Wednesdays, 9:30 - 10:45 am
Fee: $45/family, 5 classes

P&L Session 1 - PM

Dates: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28
Time: Wednesdays, 4:30 - 5:30 pm
Fee: $56/family, 7 classes

P&L Session 2 - PM

Dates: 11/4, 11/18, 12/2, 12/9, 12/16
Time: Wednesdays, 4:30 - 5:30 pm
Fee: $40/family, 5 classes

Play & Learn at Veteran's Park

Join us outside at the park to socialize with other children and families, explore the playground, and enjoy listening to a story and songs.

Dates: 9/18, 9/25, 10/2, 10/9, 10/16
Time: Fridays, 10:30 - 11:30 am
Fee: $35/family, 5 classes

Things that Go

Come have fun learning about things that move through play, exploration, sensory and art experiences. This group incorporates different kinds of vehicles including cars, trucks, and trains!

Dates: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29
Time: Thursdays, 9:30 - 10:45 am
Fee: $63/family, 7 classes

Visit to Hebron Senior Center

Come enjoy a Halloween craft & snack together with Hebron Senior Citizens! Kids can wear Halloween Costumes!

Date: Monday 10/19, 10:30-11:30 am
Fee: FREE
Location: Russell Mercier Senior Center, Hebron

Visit to East Willow Farm!

Come visit East Willow Farm see the animals, enjoy a snack and get a little pumpkin to take home!

Date: Monday 10/5, 10 - 11:30 am
Fee: $5/person, max of $10 per family
Location: East Willow Farm, Columbia

Walking Group

Come join FRC staff and other families for a Fall walk with your little one! Get some exercise, explore nature and have a chance to talk with other families about childrens stages of growth and the joys and challenges of parenthood!

Date: Fridays 9/11, 9/18, 9/25, 10/2, 10/9, 10/16
Time: 9:30 - 10:15 am
Fee: $25/family, 6 sessions
Location: Air Line Trail, Hebron

Scan for more information about the Family Resource Center

FRC Director: Becky Murray
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

Developmental Screenings and Home Visits sparkler

FREE developmental screenings are available for your child through talk and play activities using the Ages and Stages questionnaire and Sparkler App. Parents will be given a copy of their child's questionnaire and suggested activities to encourage skill development!

Dates: Arranged according to your schedule - please contact Becky Murray or Ashlee Parks to set up.
Time: Choose from 9 am, 10 am, 11 am, & 12 pm
Age: Birth to Five

Parent Discussion

We will discuss parenting challenges including communicating effectively with children, helping children deal with frustration, and setting appropriate boundaries. Snack will be provided. There will be child care during the AM session.

AM Session

Dates: 9/28, 10/26, 11/30
Time: Mondays, 10 - 11:00 am
Fee: FREE

PM Session

Dates: 10/26, 11/16
Time: Mondays, 7 - 8:00 pm
Fee: FREE

Your Baby: The First Year!

*FRC Program staff can meet you in your home or in our space in the FRC at Gilead Hill School to discuss baby growth and development, milestones, adjusting to being a new parent, resources for parents, and answer questions. Parents will receive a gift for their baby. *Call for a FREE appointment!*

Health Matters Programs

Wellness for all ages!

Health Matters is a mind & 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. All classes will be held in AHM's Wellness Room. *Four year olds must be accompanied by an adult.

Art with Audrey

Join us for fun and relaxing Paint Nights! Professional artist Audrey will guide you step-by-step while painting, using a variety of mediums. No experience is necessary.

Instructor: Audrey Carroll-Prucnal
Fee: $10/person, per session
Age: 10+

Session 1: Pumpkin Snowman

You'll learn simple watercolor techniques while creating a charming pumpkin snowman painting that captures the cozy transition from fall to winter.

Date: Wednesday 10/14, 5:30 - 7:30 pm

Session 2: Wooden Star with Reindeer

Create a festive 8-inch wooden star featuring a charming reindeer in this fun acrylic painting workshop! You'll learn simple painting techniques while crafting a holiday decoration that's perfect for your home or to give as a handmade gift.

Date: Wednesday 11/18, 5:30 - 7:30 pm

DIY Faux Stained Glass

Design and create your own faux stained glass artwork in these fun, beginner-friendly workshops. Learn simple techniques to mimic the look of traditional stained glass using paint and other easy-to-use materials. You'll leave with a colorful, light-catching piece that's ready to display.

Instructor: Erica Wagner
Time: 5:15 - 7:00 pm
Fee: $20/person
Ages: 11 +

Session 1: Wednesday, 9/16
Session 2: Tuesday, 11/10

DIY Holiday Clay Ornaments

Join us for a two-part Air-Dry Clay Ornament Workshop - Day 1: design & sculpt your air dry clay, Day 2: return to paint!

Instructor: Shamane Shepard
Dates: Wed. 12/2 & Wed. 12/9
Time: 6 - 7:15 pm
Fee: $10/person, for both sessions
Age: 4+

Holiday Sweater Cookie Decorating

Decorate sweater-shaped cookies with colorful frostings, candies, and sweet toppings. Feel free to wear your favorite festive sweater - hot cocoa will be served!

Instructor: Shamane Shepard
Date: Wednesday, 12/16
Time: 6 - 7:15 pm
Fee: $12/person
Ages: All ages

Macrame Workshops

Learn basic macramé knotting techniques while working with soft cotton cord and vibrant colors to create homemade pieces.

Instructor: Erica Wagner
Time: 5:15 - 7 pm
Fee: $20/person, per class
Ages: 11 + (younger if with an adult)
Classes Offered:
Keychain/Wristlet: Wednesday 9/9
Flowers: Wednesday 9/23
Pumpkin: Wednesday 9/30
Skeletons: Tuesday 10/13
Ghosts: Tuesday 10/27
Towel Holder: Tuesday 11/17
Elf/Gnome: Tuesday 12/8

Open Arts & Crafts Studio

Session 1 - Fall Themed

Kids will explore a variety of hands-on arts & crafts projects, including colorful fall decorations, spooky Halloween creations, festive Thanksgiving crafts, and more. Participants will take home one-of-a-kind fall creations that capture the beauty and spirit of the season.

Instructor: Shamane Shepard
Date: Monday, 10/26
Time: 6 - 7:15 pm
Fee: $10/person
Age: 4+

Session 2 - Winter & Holiday Themed

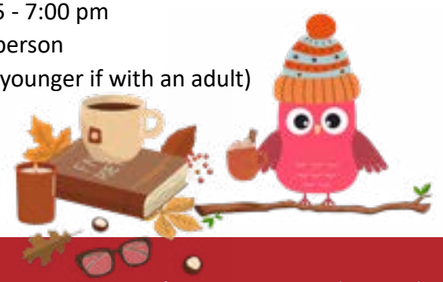
Kids will explore a variety of hands-on arts & crafts projects, including colorful fall decorations, spooky Halloween creations, festive Thanksgiving crafts, and more. Participants will take home one-of-a-kind fall creations that capture the beauty and spirit of the season.

Instructor: Shamane Shepard
Date: Monday, 11/30
Time: 6 - 7:15 pm
Fee: $10/person
Age: 4+

Pinecone Woodland Animal

Explore your creativity at our Pinecone Woodland Animal workshop! Transform natural pinecones into charming woodland creatures while enjoying a fun, hands-on crafting experience. Perfect for all skill levels—materials are provided, and you'll leave with your own adorable handmade forest friend.

Instructor: Erica Wagner
Date:Tues. 11/24
Time: 5:15 - 7:00 pm
Fee: $20/person
Age: 10+ (younger if with an adult)



Yoga Classes

Kids Yoga Fall Series

Each week, we'll embark on an exciting fall-themed "yoga adventure" where your child will learn a variety of yoga poses, practice breathing, explore mindful activities and crafts, then calm the body & mind with a relaxing savasana.

Instructor: Rachel Kaczynski, Founder of Healthy Chicks
Date: Wednesdays, 10/7, 10/14, 10/21, 10/28, 11/4
Time: 5 - 5:45 pm
Fee: $65/person, 5 sessions
Ages: Grades K - 3

Yoga & Self-Care for Tweens

We'll flow through sun salutations and explore a series of fall yoga poses. Participants will awaken their creativity with mindful seasonal activities and journaling before settling into a relaxing savasana. This workshop offers an opportunity to cultivate connection, creativity, mindfulness, and emotional regulation.

Instructor: Rachel Kaczynski, Founder of Healthy Chicks
Date: Wednesday 10/7
Time: 6 - 6:45 pm
Fee: $15/person
Ages: Grades 4 - 6

Woven Loom Wall Hanging

Learn the basics of loom weaving, including simple weaving techniques, texture building, and finishing methods, as you design a unique piece to take home.

Instructor: Erica Wagner
Date: Tuesday 10/20
Time: 5:15 - 7:00 pm
Fee: $20/person
Age: 10+ (younger if with an adult)

Learn more about Health Matters Programs

Health Matters Program Coordinator
Shamane Shepard
Phone: 860-228-9488 x10
Email: Wellness@ahmyouth.org

Prevention Programs

For Grades 6-12

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 Class of 2027

Project Graduation is the all-night, substance-free celebration that occurs on the night of graduation. AHM will begin to plan this year's event for RHAM's "Class of 2027" in February. Parents of RHAM Juniors and Seniors are needed to fine-tune the event details with the AHM Project Graduation Coordinator.

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

National Drug Take Back Day

National Drug Take Back Day is an initiative that encourages people to safely dispose of their unused and unwanted medications. This event is hosted by AHM CHEC, in partnership with local law enforcement.

National Take Back Day Event:

Date: Saturday 10/24, 9:00 am - 12:00 pm
Location: Hebron Police Dept., 44 Main St., Hebron

AHM's Coalition for a Healthy and Empowered Community, in partnership with the Connecticut State Police, hosts free Take-Back Events for our community members to properly dispose of old and unneeded prescriptions, over-the-counter medications, & vitamins anonymously.

Visit AHM's Prevention page of our website!

CHEC Members Needed!

AHM's Coalition for a Healthy Empowered Community (CHEC) is seeking new members! Since 1986 the Coalition has worked together to minimize the impact of drug and alcohol use and abuse in the regional community. The Coalition has evolved over the years to incorporate community wellness with an emphasis on helping to keep youth drug-free through education of youth and parents/caregivers around substance use and abuse, as well as mental health. Monthly meetings will take place via zoom on the 4th Monday of each month at 11:30 am on 9/28, 10/26, 11/23, 1/25, 2/22, 3/22, 4/26 & 5/24 - no December meeting.

If you are interested in joining CHEC of SOAR, please contact AHM's Prevention Coordinator Ashlee Parks at ashleep@ahmyouth.org.

SOAR Youth Leadership Group

SOAR welcomes RHAM Middle School & RHAM High School students who would like to make a positive impact 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.

SOAR 2026-2027 Meetings

Dates: Tuesdays 9/22, 10/20, 11/17, 12/22, 1/26, 2/23, 3/17, 4/28, 5/19
Time: 2:20 - 3:15 pm
Location: RHAM High School Fishbowl

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.

If your child is struggling, please reach out.

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

- Difficulty with peer relationships
- Depression, Loss, Grief, Anxiety
- Suicidal thoughts/Self harm
- Feeling overwhelmed/stressed
- School issues: Bullying, attendance/truancy
- Difficulty adjusting to a new school
- Disciplinary problems
- Family conflict
- Coping with long-term illness
- Drug or alcohol use
- Managing mental health needs
- Difficulty with school work
- Eating disorders
- Social, emotional & behavioral concerns

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, Refer) training booklet and a 2-dose supply of Narcan, an opioid over-dosetreatment. FREE & open to the public for age 18+.

Facilitator: Tressa Giordano
Session 1: 9/23, 12 - 1:30 pm
Session 2: 10/20, 5:30 - 7 pm
Session 3: 11/17, 10 - 11:30 am
Fee: FREE
Location: AHM Wellness Room, 25 Pendleton Drive

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 Tressa Giordano at: TressaG@ahmyouth.org

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.

Smart Recovery Teen Group

Facilitator: Kristina Smith
Date: Each Thursday
Time: During Lunch Periods
Location: RHAM High School Guidance Department

SMART Recovery Meeting Finder

https://meetings.smartrecovery.org/meetings/location/
or
https://www.youthrecoveryct.org/find-a-meeting/

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

SMART Recovery®
YouthRecoveryCT

Youth Theater

PLAYHOUSE THEATRE ACADEMY

AHM & Playhouse Theatre Academy partner to offer fun and exploratory pre-professional theatre programs! From workshops in Musical Theatre to themed sessions of Creative Drama, Playhouse Theatre Academy offers something for everyone. As an emerging artist, or as a student wanting to explore your creativity in a new way, Playhouse Theatre Academy is your home for quality theatre instruction!

All programs located: AHM's Performing Arts Room

Little Thespians: Once Upon A Twist K-2nd Grade

Dates: Thursdays, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19

Time: 4:15 - 5:00 pm

Fee: $115/person for 8 weeks

This imaginative theatre adventure invites young actors to step into enchanted forests, towering castles, mysterious cottages, and kingdoms filled with dragons, giants, talking animals, mischievous magic, and plenty of unexpected surprises. Each week, Little Thespians will explore beloved stories and modern fractured fairy tales through acting games, creative movement, improvisation, character creation, music, and collaborative storytelling. Along the way, students might rewrite a happily ever after, invent a brand-new fairy tale hero, discover what happens when the villain tells their side of the story, or dream up entirely new magical worlds of their own. Students will build confidence, strengthen acting and communication skills, practice teamwork, and discover that the very best stories are often the ones we create together. This workshop will end with a special performance on the last day of class. Each student will also receive one complimentary ticket to see Pinocchio, a reimagined production at Playhouse on Park.

"Descendants" Musical Theatre Workshop 3rd-8th Grade

Dates: Thursdays, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19

Time: 5:15 - 6:30 pm

Fee: $140/person for 8 weeks

Welcome to "Descendants" Musical Theatre Workshop, where today's favorite stories, songs, and characters inspire unforgettable theatrical adventures! This high-energy workshop invites performers grades 3rd-8th to step into the worlds of heroes, villains, and everything in between. Students will build their performance skills, rehearse songs, learn choreography,develop memorable characters, and bring scenes to life through acting games, ensemble exercises, and creative storytelling. They'll strengthen vocal performance, stage movement, character development, collaboration, and confidence—all while having wickedly good fun! We'll celebrate favorite moments from across the Descendants franchise while also exploring exciting new music and inspiration from Disney's brand-new film, Descendants: Wicked Wonderland. Class will end with a Studio Showcase for families & friends. So grab your crown—or your leather jacket—and join us for an unforgettable musical theatre adventure where every performer gets the chance to shine.

For more information about theater:

SCAN ME

AHM's Executive Director
Tressa Giordano
Phone: 860-228-9488 x13, **Email:** TressaG@ahmyouth.org

Here 4 You!

AHM launched a Podcast!

During May, Mental Health Awareness month, AHM launched the first season of our "Here 4 You" Podcast series! In each episode, AHM explores a variety of topics that focus on mental health, prevention, parenting, child development, and more. Our goal is to provide our viewers/listeners with helpful information that is educational and useful, in an effort to grow and strengthen our community. Season 1 includes 4 episodes, which are available to watch or listen on both YouTube & Spotify. Season 2 is coming soon!

Scan for more information about the Here 4 You Podcast!

the HERE 4 YOU WWW.AHMYOUTH.ORG podcast

1,000 Books Distributed!

Scan for more information about the Here 4 You little libraries!

As part of an ongoing effort to help residents feel more at ease talking about mental health concerns, AHM continues to stock lending libraries of books on a range of mental health topics. To date, over 1,000 books have been placed in the little libraries!

These mental health resource libraries include books on topics such as social and emotional learning for children, coping with anxiety, getting control over anger, controlling impulsive behavior, building self esteem, and how to speak with a child or teen about depression, anxiety, and self-harm.

There are four permanently placed mental health libraries in AHM's partner towns – Andover, Columbia, Hebron, and Marlborough. The books and guides on mental health will range from families of pre-school age children through teens, young adults, and adults.

CHOREs & TASKs Programs

The purpose of the CHOREs & TASKs Programs is for teenagers to help senior citizens with chores on their property such as raking, stacking wood, and weeding. Senior citizens 60+ years of age who are residents in the towns of Andover, Columbia, Hebron and Marlborough are welcome to contact their town's senior center for the application forms.

The benefits are great for both senior citizens and teenagers. Senior citizens have chores completed at no charge, while teenagers age 14-18 can earn minimum wage, earn a letter of recommendation for active involvement in the program, and learn communication, scheduling and time-management skills. A win-win!

AHM's CHOREs Program supports the towns of Andover, Hebron & Marlborough, and is coordinated by AHM Youth & Family Services. This program is funded by a grant from the NCAAA (North Central Area Agency on Aging) along with donations from Church of the Holy Family, Marlborough Congregational Church and St. Peter's Episcopal Church. Special thanks this year to Hebron's Greater Together Community Fund, and Marlborough's Greater Together Community Fund for helping to support this program.

Seniors interested in registering for the CHOREs Program, please contact the representative listed below in the town you reside:

Town of Andover: Tess Grous
Andover Senior Coordinator
Phone: (860) 742-4037
Email: andovercsc@andoverct.org

Town of Hebron: Sharon Garrard
Hebron Senior Services Director
Phone: (860) 228-1700
Email: sgarrard@hebronct.com

Town of Marlborough: Shoshana Merced
Marlborough Senior & Human Services Director
Phone: (860) 295-6209
Email: smerced@marlboroughct.gov

Town of Columbia (TASKs): Bernadette Derring
Columbia Senior Services Director
Phone: 860-228-0759
Email: bderring@columbiact.org

AHM's TASKs Program is a partnership with the town of Columbia to assist the seniors within the community. The TASKs Program works with the Columbia Senior Services to help improve the quality of life for senior citizens age 60 and older, by providing them with the assistance and support of a youth TASKs worker.

Teens interested in the CHOREs or TAKSs programs must reside in the towns of Andover, Hebron, Marlborough or Columbia to be eligible to participate. To apply, contact:

AHM's CHOREs & TASKs Coordinator: Kristina Smith
Phone: 860-324-1820
Email: Chores@ahmyouth.org

Learn more about CHOREs & TASKs

Lanterns Mentoring

Who inspired you as a child?

What if your child had a friend who listened to them, encouraged them and provided consistent, constructive one-on-one time? AHM's Lanterns Mentoring Program can help your child have this positive relationship with a caring adult. AHM's Lanterns Mentoring Program matches children in our community with adults who are eager to help them. Having a mentor is a fantastic extra resource for your child, and helps them to form a bond with a supportive adult.

The AHM Lanterns Mentoring Program is a school-based model and serves ages 5 through 18. Mentors and students meet once a week for one hour (usually during lunch and recess, or a free period) in the six schools in the towns of Andover, Hebron & Marlborough. The mentoring pairs may eat lunch together, share experiences, play games, do crafts, or play outside. Mentors and students form important friendships that inspire children to be the best they can be.

Mentors are members of our local communities who have a desire to help young people. Mentors are screened carefully and undergo a background check, reference check, and training. The Lanterns Program Coordinator is available for support, and facilitates all communication between mentors and students.

Youth who are matched with a mentor demonstrate improved self-esteem, a more positive attitude toward school, increased communication skills, decreased drug use, and improved school attendance.

Mentoring not only benefits a child, but can also help the mentor increase their leadership and communication skills. Both mentors and students in the Lanterns Program find much joy in the positive relationships formed.

If you are interested in having your child participate in the Lanterns Mentoring Program, or you'd like to serve as a mentor, please contact Kristina Smith, Lanterns Mentoring Coordinator at Mentoring@ahmyouth.org or 860-228-9488 Ext.10.

Apply to participate in Lanterns Mentoring

Lanterns Program Coordinator: Kristina Smith
Phone: 860-228-9488 x10, **Email:** Mentoring@ahmyouth.org

Programs & Services Offered By AHM

Intervention

Youth and Family Counseling | Group Therapy
Juvenile Review Board (JRB) | School-Based Student Support Services
Smart Recovery

Prevention

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

Positive Youth/Community Development

Health Matters Programs | 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

scan here!

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