

# NEWS FROM WEST SUBURBAN COMMUNITY NETWORK AREA



## CHNA 18

*Working together to build healthier communities through  
community based prevention planning and health promotion.*

## News & Updates-October 2015

*We're testing out a new mobile-friendly newsletter. Now you can open and view upcoming events right from your phone or tablet!*

*We are still undergoing our strategic planning process, and are in the midst of interviewing community stakeholders. Thanks to all who responded to our call for interviews-we are looking forward to hearing what you have to say!*

*Visit our website! [www.chna18.org](http://www.chna18.org)*

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### Upcoming Events

#### **The Freedman Center at William James College-**

**Our next FREE New Dads Support Group** will be on Thursdays beginning October 22nd from 7:00pm-8:30pm for 8 weeks and is an opportunity to ask questions, learn skills, share experiences of fatherhood and make new friends. Groups are led by an experienced male facilitator in a supportive child friendly environment. Participants meet for eight 90-minute weekly sessions to discuss developmental issues, changing relationships, and balancing work, changing relationships, and fatherhood." If you're a new dad or know a new father who may be seeking some guidance into parenthood while balancing work and home life, please visit our [website](#) and register to attend today.

**Our Infant Sleep Workshop** is on Tuesday December 8th from 7:00-9:00pm. This is a one-night, two-hour workshop dedicated to exploring the concept of infant sleep and methods to understanding and promoting positive sleep patterns for children. If your child is between 4-15 months old and you need tips on getting him or her to sleep on a schedule, for longer periods, and creating positive associations to get your child to want to sleep, please sign up. We currently have plenty of availability if you're interested visit our [website](#) and sign up today.

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#### **Brookline celebrates Food Day with "Real Food" donation drive for adults and kids**

A "Real Food" kids scavenger hunt to benefit the Brookline Food Pantry, Thursday, October 22, 2015, Brookline Farmers' Market, open 1:30 pm till dusk. Take your kids shopping at the Brookline Farmers' Market after school on Thursday, October 22. Help them participate in a "real food" scavenger hunt, where they can identify fruits and vegetables which you can donate to the Brookline Food Pantry site. Buy fruits and vegetables for your family and purchase extra for Brookline Food Pantry clients. Drop your donations in the bins by the Big Green Tent; we'll deliver them for you. This activity is a great learning experience. Kids will learn more about healthy food options and also hear about the 2015

national Food Day campaign for food justice, access, and equality. Let's replace the canned goods at food pantries with healthy options.

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## **Jewish Family and Children's Services**

The fourth JF&CS biennial symposium in collaboration with the Alzheimer's Association Massachusetts-New Hampshire Chapter, entitled, "Toward a Dementia-Inclusive Community: Tools and Inspiration from National Innovators," will take place at JF&CS headquarters in Waltham on Thursday, November 12. This symposium will focus on community-level changes to better include and support individuals living with Alzheimer's or a related disorder, and their care partners. Three internationally known leaders in research and practice will guide us in exploring innovative approaches from around the U.S. and the world, and considering adaptations appropriate to our region. Professionals as well as those personally affected by dementia are invited to take part in this day of learning and dialogue. CEUs are available for social workers, RNs, and LMHCs. Spaces are filling quickly! To register, please visit [www.jfcsboston.org/dementiainclusive](http://www.jfcsboston.org/dementiainclusive) For information, contact Beth Soltzberg at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) or 781-693-5628.

Tremble Clefs joyful and therapeutic singing group for people with Parkinson's disease and their care partners. Meets most Monday mornings, 10:30 - 12:00 at the United Parish of Auburndale, Newton. Registration required. Contact Beth Soltzberg for information, at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) or 781-693-5628.

JF&CS Memory Café. Usually meets on the first Friday morning of the month, 10 a.m. - noon. Location: JF&CS headquarters, 1430 Main Street, Waltham. A welcoming place for individuals and families living with memory changes. Guests requiring personal care assistance are asked to bring a care partner with them. Enjoy coffee, refreshments and conversation. Each month a guest artist will share his or her art and then facilitate a creative exploration with café guests. Co-hosted by the Waltham Student Group of Brandeis University. Free of charge. Contact Beth Soltzberg for information and meeting dates, at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) or 781-693-5628. For a listing of all memory cafés currently running in the Greater Boston area, please see: [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory)

Balancing Act support and discussion group for adults whose parent has dementia. Second Thursday evening of the month at JF&CS headquarters, Waltham. Different discussion topic each month. Come to as many sessions as you wish. Share wisdom, information and encouragement with others coping with a parent's dementia. Contact Beth Soltzberg for information or to register at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) or 781-693-5628.

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## **Massachusetts Emergency Management Association (MEMA) 101-A workshop for Wellesley volunteers AND the community.**

Have you ever wondered about the professionals that stand behind the Governor during a press conference after a major storm or disaster? Most of those faces represent experts from the Massachusetts Emergency Management Agency (MEMA). Richard LaTour, Jr., Local Coordinator from MEMA will join us on Tuesday, November 3, 2015 to provide an overview of MEMA's structure and organization.

WHEN: Tuesday, November 3, 2015 WHERE: Wellesley Free Library TIME: 6:30-8:00 PM  
COST: FREE! RSVP: Cheryl Lefman [clefman@wellesleyma.gov](mailto:clefman@wellesleyma.gov) 781-235-0135 Light dinner will be served Attendees will receive goody bags!

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## **New England Association for Play Therapy**

### **2015 ANNUAL CONFERENCE- November 14, 2015**

(6 CEUS) - 9:00am - 4:30pm Verve Crowne Plaza Hotel, Natick, MA

Creative Interventions for the Disruptive Behavior Disorders:  
A Play Therapy Approach

By Scott Riviere, M.S., L.P.C, RPT-S

#### Overview

This workshop will cover how children with disruptive behaviors see the world and why traditional treatment approaches are ineffective with this population. Participants will learn hands-on, practical play therapy techniques that will help these children accept responsibility, lower defensiveness, and increase feelings of competency and success.

Pre conference Friday November 13, 2015.

Visit the [website](#) for ALL conference workshops and events, and for registration information.

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## Service Spotlight-The Brookline Youth Wellness Project

In Brookline, the Brookline Youth Wellness Project and B-PEN (Brookline Parent Education Network) are involved in several new initiatives to increase mental health awareness among youth and parents. On Oct. 27, the Freshman PTO meeting, "The Unique Challenges of Freshman Year," will be hosted by B-PEN and the Brookline High School Peer Leaders addressing some of the challenges BHS freshmen commonly face that impact mental health and overall wellness. Presentations and tabletop discussions will examine the changing social pressures of freshman year, the lure of alcohol and parties, marijuana/drugs, the ins and outs of current social media, and healthy relationships, including issues of body image. Parents find hearing from Peer Leaders especially informative and enlightening, and the students' insights will spur strategizing conversations, sending parents home with helpful tips and resources.

On December 11, Public Schools of Brookline Wellness Committee, B-PEN, and Brookline Public Health and Human Services Department are hosting a special WELLNESS SUMMIT - WHAT ARE BROOKLINE KIDS UP TO THESE DAYS? This community-wide event will reveal some of the key results from the Brookline Public School's latest Student Health Survey, which polls all 7-12th graders on their attitudes and behavior relating to a wide variety of issues, including relationships, sexual practices, anxiety, and stress. (The latest survey reveals the sobering mental health statistic that overwhelming stress and anxiety among Brookline's 9th-12th graders are up to 82% (79% among 7-8th graders.) This "Coffee and Conversation" initiative brings together parents, students and a wide variety of members of the greater community who care about the physical and mental wellbeing of Brookline youth

The Brookline Youth Wellness Project with B-PEN continues to expand resources and promote understanding of the challenges faced by Brookline youths identifying as LGBTQ, who are at increased risk of mental health issues. Efforts are being made to find opportunities to reach parents, staff, teens, and the community with helpful information and the names of a network of supportive adults who are "safe" for kids and parents alike to approach for confidential support. Early plans are underway to create an event to foster general group support and awareness of LGBTQ without stigmatizing or "outing" any participants, stressing that almost everyone knows of a youth who identifies as LGBTQ, and it behooves all us to understand the culture.

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