

SOUTHBURY-MIDDLEBURY YOUTH & FAMILY SERVICES

1287 Strongtown Rd. Southbury, CT 06488
(203) 758-1441

PLEDGE CARD

One time donation of:

\$500 \$250 \$100

Other : _____

Monthly Contribution of \$ _____

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DONATION LEVELS

\$500 and above / YFS Gold Club

\$250 to \$499.99 / YFS Silver Club

\$100 to \$249.99 / Friend of YFS

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THANK YOU FOR YOUR SUPPORT

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This brochure is provided through
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Mission

Southbury-Middlebury Youth and Family Services (YFS), is a non-profit organization dedicated to assisting youth and families by providing preventative, educational, and direct counseling services to promote healthy individual development and strengthen family life.

Who We Serve

Children 0-18 and their parents/families who are residents of Southbury or Middlebury.

Services

- Individual Counseling
- Student Assistance Program
- Truancy and Juvenile Review Boards
- Substance Abuse counseling and referrals
- Prevention and education programs
- Family Therapy
- Parenting education
- Crisis intervention
- Groups

Issues Handled Include

- Family conflict
- Substance abuse
- depression
- divorce/custody
- school problems
- suicidal intentions
- violence in the home
- mental illness
- social skills
- death and grief
- anger
- anxiety
- parenting skills
- and more

Hours

Mon. - Thurs. 9am. - 8pm., Fri 9am. - 5pm.
Open year-round, except holidays
Counseling sessions by appointment.

History

(YFS) was established in 1984 and was first known as the Community Youth Council. Beginning with a Director and later a counselor, the agency has grown tremendously over the years.

Currently

Clinical staff consists of therapists with Masters Degrees, most of whom are state licensed in the fields of:

- Counseling
- Marriage and Family Therapy
- Social Work
- Alcohol and Drug Counseling

Programs

Student Outreach Program: Students referred for counseling directly by the school system for any issue that is affecting them in school or school life. YFS saves Region 15 a great deal of money by providing the social work services for the school system. Master's level counselors are available to Region 15 students and their families.

Student Assistance Program: YFS therapist based at Pomperaug High School provides counseling, intervention, and referrals to at-risk students.

YFS: Clients referred from any source other than the school system, including self-referrals or parent referrals.

Groups: Groups for children, teens, and parents are offered on issues such as: social skills, communication, parenting skills, ADHD, parents of special needs children, and more.

Prevention programs: Prevention programs are provided for the middle and high schools throughout the year on issues such as: substance abuse, violence, depression and suicide, HIV, and more.

Statistics

Number Of Individuals Seen Per Year

- children referred to YFS average over 600 per year
- family members participating in the counseling process exceed 1250 per year
- that totals over 1850 individuals seen per year

Number Of Sessions Provided

- 5,559 direct counseling hours
- 4,892 case management hours

Funding Sources

YFS receives funding from a variety of sources, but is very dependent on donations from groups, individuals, and foundations.

Current Funding Sources Are

Towns of Southbury & Middlebury
Region 15 School District
State & Local grants
Service fees/insurance
Fundraising

With Fundraising currently making up just over 10% of our budget.

Please Consider Supporting YFS!

Tax-deductible contributions may be made to the agency by any individual, family, business, group, or organization at any time.

Your donation will go to provide the counseling and help that children and their families need.
