

Nancy Ruhs
 Newtown Youth and Family Services
 NYFS Adult (18+) Life Skills Program (Spring 2026)

Date	Time	Event	Event Description
4/20/2026	5:30pm-7:00pm	<p>Hygiene & Daily Self-Care Routines</p> <p>Newtown Youth and Family Services</p> <p>15 Berkshire Road Sandy Hook, CT 06482</p>	<p>This session focuses on helping participants build independence with daily hygiene and personal care routines. We will break down important skills such as showering, brushing teeth, using deodorant, and choosing clean, comfortable clothing. Participants will also learn how creating simple morning and evening routines can help them feel more organized, confident, and ready for the day.</p> <p>The group will explore how self-care can also feel relaxing and enjoyable by discussing activities like taking a warm shower or bath and winding down before bedtime.</p> <p>Goal: Increase independence, confidence, and understanding of daily self-care routines.</p>

Nancy Ruhs
 Newtown Youth and Family Services
 NYFS Adult (18+) Life Skills Program (Spring 2026)

Date	Time	Event	Event Description
5/4/2026	5:30pm-7:00pm	<p>Managing Stress & Doing Things You Enjoy</p> <p>Newtown Youth and Family Services</p> <p>15 Berkshire Road Sandy Hook, CT 06482</p>	<p>In this session, participants will learn how to recognize stress in their bodies and explore healthy ways to manage it.</p> <p>We will discuss a variety of coping strategies such as listening to music, journaling, taking breaks, movement, and engaging in enjoyable activities like drawing or games.</p> <p>Participants will create their own personalized “Me-Time Menu” to help them identify activities they enjoy and can use when they need a break. Yoga and mindfulness exercises will be included to help build calming routines that can be used at home and in the community.</p> <p>Goal: Build awareness of stress and develop healthy, individualized coping strategies.</p>

Nancy Ruhs
 Newtown Youth and Family Services
 NYFS Adult (18+) Life Skills Program (Spring 2026)

Date	Time	Event	Event Description
5/18/2026	5:30pm-7:00pm	<p data-bbox="662 590 907 661">Making Friends & Being a Friend</p> <p data-bbox="646 821 924 892">Newtown Youth and Family Services</p> <p data-bbox="656 934 914 1045">15 Berkshire Road Sandy Hook, CT 06482</p>	<p data-bbox="954 625 1409 892">This session focuses on social wellness and building positive peer relationships. Participants will learn what it means to be a good friend, including skills like listening, kindness, sharing, and respecting boundaries.</p> <p data-bbox="954 926 1409 1339">Through structured role-play and group activities, participants will practice starting conversations, inviting others to join activities, and navigating common social situations. We will also discuss how to recognize safe and supportive friendships and the importance of making time for social connections.</p> <p data-bbox="954 1444 1386 1556">Goal: Strengthen social skills, confidence, and the ability to build and maintain friendships.</p>

Nancy Ruhs
 Newtown Youth and Family Services
 NYFS Adult (18+) Life Skills Program (Spring 2026)

Date	Time	Event	Event Description
6/1/2026	5:30pm-7:00pm	<p>Mindfulness & Self-Advocacy</p> <p>Newtown Youth and Family Services</p> <p>15 Berkshire Road Sandy Hook, CT 06482</p>	<p>During our final session, participants will learn how to better understand their own needs and how to communicate them effectively. We will introduce mindfulness strategies such as deep breathing, grounding exercises, and quiet reflection to help participants stay calm and present.</p> <p>The group will also focus on self-advocacy skills, including how to ask for help, request a break, and express preferences in a respectful way.</p> <p>Participants will practice these skills through guided activities and role-play, helping them build confidence in speaking up for themselves.</p> <p>Goal: Promote independence, emotional regulation, and</p>

Nancy Ruhs
Newtown Youth and Family Services
NYFS Adult (18+) Life Skills Program (Spring 2026)

			confidence in communicating personal needs.
--	--	--	---