



## ▶ HEALTH & WELLNESS EDUCATIONAL SERIES ◀

✦ YOU ARE INVITED! ✦ SAVE THE DATES!

The Newington Department of Human Services is very pleased to offer the following series of programs to the Newington Community:

### ▶ Thursday, May 19<sup>th</sup> ~ EVERYTHING YOU WANT TO KNOW ABOUT LGBTQ PEOPLE BUT HAVE NEVER ASKED

What is it like to be lesbian, gay, bisexual or transgender in 2016? Is it better than it was? Worse? And why should you care? Come find out. Join us for this fun, funny and interactive conversation about orientation, gender and the family. All ages welcome. Presented by Robin McHaelen, Founder and Current Executive Director of True Colors, Inc. Sexual Minority Youth & Family Services of CT.

### ▶ Thursday, June 2<sup>nd</sup> ~ EXECUTIVE FUNCTIONING ACROSS THE LIFE SPAN

Come and hear Laura DiGalbo, from the Bureau of Rehabilitative Services, speak about the development of and eventual decline in "brainpower" throughout our life span. Attention will be given to those of the sandwich generation balancing the needs of both their children and their elderly parents and the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully

### ▶ Thursday, June 16<sup>th</sup> ~ SAFE DATING FOR TEENS

Come and hear Linda Blozie and Wendy Botes-Casanda, from the CT Coalition Against Domestic Violence, speak about healthy & positive relationships, primarily for teens, and how parents can support and encourage their teen's relationship decisions.

▶ All programs will be held from 6 – 8PM in the auditorium at Newington Town Hall, 131 Cedar St., Newington, CT and are open to the general public. There is no fee for attending these programs however there will be a donation jar and donations are most welcome so that we may continue to offer these valuable educational programs to the public. ◀