

UNITED COUNSELING SERVICE



BUILDING A STRONGER COMMUNITY



Contact UCS

## September 2017 Newsletter

### THE BARN SALE

THE BEST TAG SALE IN VERMONT IS RIGHT AROUND THE CORNER



Since 2012, United Counseling Service has been the beneficiary of a charitable fundraiser organized by a wonderful group known as The Barn Sale Committee. The Barn Sale is an extremely successful event which celebrates the close-knit community fabric demonstrated so frequently by Northshire community members helping those in need.

This year's Barn Sale will take place (rain or shine) on **Saturday, September 16<sup>th</sup> from 9am-4pm** and **Sunday, September 17<sup>th</sup> from 9am-1pm** at **Riley Rink at Hunter Park in Manchester, VT**. The proceeds of the Barn Sale support the Northshire UCS.

### IN THE NEWS:

#### Forest Weyen Joins UCS Board

Bob Thompson, Board President of United Counseling Service (UCS) is pleased to announce the appointment of Forest Weyen to its Board of Directors, which oversees the operation of the community mental health and developmental services agency for Bennington County.

"We are pleased with the addition of Forest to our Board. His professional experience, coupled with strong leadership will help UCS to strengthen its community relation endeavors," said Thompson...[Read more.](#)



## Summer Camp Embraces Individuals



The iconic childhood experience of summer camp isn't always accessible for disabled individuals, but Bennington's United Counseling Services is determined to change that.

The Developmental Services division of UCS has hosted The Gathering Place Camp since 2006 to offer that experience to local individuals with developmental disabilities...[Read more.](#)

## Tara Parks serves on UCH Board



Tara Parks has been appointed to the Board of United Children's Services which oversees Bennington County Head Start. This program provides children and their families with the building blocks necessary to succeed in learning, parenting, and life.

Parks will also head up the Policy Council which oversees all aspects of the Head Start program including selection of staff, development of new policies, grant budget approval and curriculum development. The Council is comprised of parents and community members...[Read more.](#)

## Northshire Youth and Family Services had a fabulous summer!

By Kristen Kirchoff, YFS Family Outreach Clinician



Northshire Youth and Family Services worked hard all summer long with our group to maintain mindful minds and bodies. The summer kicked off at the Weston Playhouse, attending the show, *Really Rosie*. Tuesdays we enjoyed a biking group, lead by James Reilly. Wednesdays was a Stand Up Paddleboarding clinic at Emerald State Park. Thursdays we traveled around to different Vermont State Parks to hike, fish, swim, and meditate. We were also lucky enough to take weekly trips to visit Sally Leonard's Yurt where we practiced meditation. It was truly a wonderful

summer shared by all of us at the Northshire YFS.



## MARK YOUR CALENDARS:



**Rocking Horse Circle of Hope**  
**September 11 - November 20**  
**Mondays 9:30am to 11:30am**

United Counseling Service  
100 Ledge Hill Drive, Bennington, Vermont

The program offers assistance to pregnant and parenting women who are seeking to reduce the effects of substance abuse in their lives, acquire improved life skills, and learn more about safe, nurturing parenting. Transportation, childcare and breakfast, including coffee will be provided. There is no charge for participants. The Rocking Horse Program is funded through a grant from the Vermont Department of Health, Office of Drug and Alcohol Programs.

Space is limited. To learn more please contact  
[Christine Oulette](#) or [Amy Breese](#) at 802.442.5491.



### **Youth Mental Health First Aid**

**September 12 and 13 from 12:30 to 4:30pm**

United Counseling Service/CRES Building  
316 Dewey Street, Bennington, Vermont

This is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

For more information or to sign up contact Amie Niles at [aniles@ucsvt.org](mailto:aniles@ucsvt.org) or call 802.445.7443. There is no charge for YMHFA, however, seating is limited.



### **Adult Mental Health First Aid**

**October 17 and 18 from 12:30 to 4:30pm**

United Counseling Service/CRES Building  
316 Dewey Street, Bennington, Vermont

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. MHFA teaches participants an action plan to assess a situation, select and implement interventions and secure appropriate care for the individual.

For more information or to sign up contact Amie Niles at [aniles@ucsvt.org](mailto:aniles@ucsvt.org) or call 802.445.7443. Cost is \$40 Seating is limited. Reserve spot early.

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United Counseling Service provides Bennington County with nationally recognized community-based mental health and human social services for children, adults, families, and seniors with the mission of "Building a stronger community by empowering individuals and families to live healthy and meaningful lives." Visit [www.ucsvt.org](http://www.ucsvt.org) to find out more.

### **Are you interested in a career with a great organization?**

Check out current openings  
with United Counseling Service at [UCS Careers](#).

Donate Now

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