



September 2023

pelhamtogether.org



WELCOME BACK, PELICANS!

There was a lot of love out there as students streamed back for their first day of school! Our Pelham Together Youth Council teens created chalk drawings at our schools to welcome everyone back!



A PLACE FOR TEENS TO MEET UP AND CHEER ON THE PELICANS!

Pelham fans in middle and high school might want to meet friends at the game, but aren't quite sure how to organize that. Or maybe some need a little encouragement and all it takes is a place to go. No problem! Let your teens know they can find their friends at the Pelham Together table set up at all home football games, and go enjoy the game with their group!

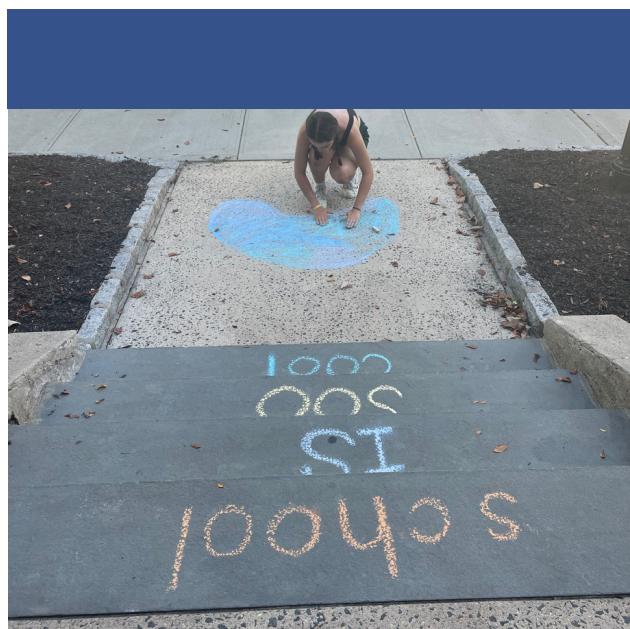
Stay tuned for more games during Homecoming Week, including Volleyball, Soccer, and Field Hockey!



TAILGATE TOGETHER

At all home football games!

All students welcome
to meet up with friends, get beads and
face paint at the PT table!





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INTRODUCING OUR NEW SCHOOL LIAISONS!

Thank you to our volunteers in our new role of School Liaison! At each building, these PT representatives are your go-to for all things Pelham Together—where to get the BIG Pelham calendar, what resources and programs are available to parents and youth, including our new PT Counseling program, bringing affordable, short-term therapy to young people ages 5-20. You can also share thoughts and/or concerns regarding topics of interest to support a particular age group, which will drive PT programming. School Liaisons for 2023-2024 are:

PMHS: Suzanne Snyder

PMS: Rosa Polenzani

Colonial: Lisa Horten

Hutchinson: Alex Loewy

Prospect Hill: Liselle Sakhrahi

Siwanoy: Dave Sparano

You will see and hear from them at upcoming Open House nights, but please reach out at any time at contact@pelhamtogether.org (your email will be routed to the correct liaison). We look forward to additional ways to connect through these trusted messengers and hope you find it useful. Thank you, Suzanne, Rosa, Lisa, Alex, Liselle, and Dave!!

PELHAM TOGETHER SUMMER INTERNSHIP '23 - ANOTHER GREAT SUCCESS!

During July and August 2023, Pelham Together hosted their popular Summer Internship program with almost 30 teens and 25 mentors, and two recent graduates of the program were mentors for this year's interns. The program included two sessions with mentors, as well as a 3-day leadership training seminar focused on communication skills, learning and leading styles, goal setting and team building. As in prior years, teens were matched with local, or locally-connected, mentors to spend 30 hours of paid work together. Throughout the program, the interns are guided and supported by Pelham Together's Youth Advocate, Danielle Marrero. Danielle is on hand to help them navigate conversations and questions that naturally come up in, what is for many, their first job. Read more [here](#).





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National Suicide Prevention Month

IT'S OK TO ASK FOR HELP

SEPTEMBER IS SUICIDE PREVENTION MONTH

We've collected the best resources in one place on our website. Click [here](#).

A few important things to know:

It's okay to say the word suicide.

Being able to talk about it opens the door for people to ask for help.

The National Suicide and Crisis Lifeline is 988

It works like 911, but for suicide and mental health crises.

This summer, all Pelham Recreation Camp Directors and Assistant Directors and Pelham Together staff completed their certification in Youth Mental Health First Aid—we are all deeply committed to supporting the Pelham community in this way. We are all in this together.

Pelham Together SPOTLIGHT

GETTING ALL THE DEETS...

Parents everywhere wish for their kids of all ages to share more about their days. Maybe it's how we're asking the question. Check out this article, "[The Best Questions to Ask Your Kids About Their Day at School](#)", for some insights into how to get the update you're hoping for!