



P R E S S R E L E A S E

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HYSB Launches New Program, *Family Solutions*

Falls Village—Supporting parents, who face the daily challenges of raising kids today, is the goal of a new program being offered by the Housatonic Youth Service Bureau in the Northwest Corner.

With help from the Berkshire Taconic Community Foundation, HYSB recently launched a new program, Family Solutions, to provide one-on-one and group parenting support, workshops, courses, a newsletter, referrals and special events and guest speakers.

With the addition of a new part-time parent educator to its staff, Jill Gibbons, reports, "Families are under tremendous stress these days," said Gibbons, citing economic pressure, divorce and substance abuse as among the many problems confronting society. "Unfortunately, the impact of all this is most deeply felt by the children, who could develop behavioral or emotional problems."

By promoting positive child-rearing skills and showing parents how they can create an atmosphere of mutual respect in their families, HYSB's Family Solutions takes the message of developmental psychologist John Bowlby to heart: "If a community values its children, it must cherish their parents."

Ms. Gibbons is available to meet with parents individually to discuss their unique situation and to help them develop ways to strengthen their family relationships. All consultations are strictly confidential and available at no charge. Appointments are flexible. This fall, in conjunction with the Foothills Adult and Continuing Education, a "Parenting in Recovery" discussion/support group will meet for 4 weeks beginning on October 18th. This is open for those in recovery as well as for those who may be affected by someone else's substance abuse.

The community-based non-profit HYSB serves youth and their families in Canaan, Cornwall, Falls Village, Kent, Salisbury and Sharon. To learn about upcoming events or to schedule an appointment, call 860-824-4720. HYSB is located in the "White House" next to the Housatonic Valley Regional High School in Falls Village.