

The cost to attend this weekend field trip is \$50.00, all inclusive, and it is limited to 20 participants. All proceeds go towards collaborative youth programs in East Hampton.



Please fill out and sign the registration form and mail along with payment to:

E.H. Youth & Family Services
20 E. High Street
East Hampton, CT 06424
Attn: Wendy Regan

Forms must be received by Feb. 13, 2014.

Registration Form

Name _____

Parent/Guardian _____

Address _____

Best # to reach you _____

Grade entering in Sept. '13 _____

Payment: Cash Check

Make checks payable to:

E.H. Youth & Family Services

Sponsored by:

East Hampton Youth & Family Services

is located at 240 Middletown Avenue in East Hampton, and provides individual, couples and family counseling to town residents at no cost. We are available to the schools for group counseling and crisis intervention.

Community programming is also offered throughout the year.

Wendy Regan 860-267-7300



Epoch Arts of East Hampton

is located at 27 Skinner Street in East Hampton, and is an "arts for youth" organization dedicated to helping young people learn to communicate, collaborate, create and celebrate by experiencing, hands-on, the arts.

We address complex issues and social tensions that young people face by creating original student and artist performances.

Elizabeth Namen 860-365-0337

Survive And Thrive: Winter Challenge



*Join us for a girls weekend
at White Memorial
Conservation Center in
Litchfield, CT.*



**Sunday, Feb. 16 @ 1pm-
Monday, Feb. 17 @ 7pm
2014**

Sponsored by Youth & Family Services
and Epoch Arts of East Hampton.



The owl is considered to be the most wise animal in the forest. What skills do you think the owl has that allows it to survive even the coldest of winters? Learn real life survival skills through animal adap-

tation workshops, nature art, nature walks, and theater activities.

For girls in 5th grade & up, please join Epoch Arts and Youth & Family Services for a weekend of amazing workshops, ultimate challenges and self discovery at The White Memorial Conservation Center (www.whitememorialcc.org) in Litchfield, CT. Participants will be staying at the Carriage House.

Departs: Sunday, Feb. 16th at 11:45am from Epoch Arts

Returns: Monday, Feb. 17th at 7 pm to Epoch Arts

Please ensure that your child is packed for outdoor activities (i.e. boots, mittens, hat, etc.). All meals and snacks will be provided; a menu will be sent to you after registration. If your child has any food allergies, please let us know ASAP! **NO CELL PHONES, IPODS, or TABLETS!!!**

Weekend Schedule	
Sunday , February 16, 2014	
1:00-2:15pm	Arrival, greetings and lunch
2:30-3:00pm	Free time and unpack
3:00-3:30pm	Museum visit
3:30-6:00pm	Activity and Yoga with Erin
6:30-7:30pm	Dinner
7:30-8:30pm	Acting Out! with Beth
9:00-10:00pm	Music and Art Activity
11:00pm	Lights out!
Monday, Feb. 17, 2014	
8:00-9:30am	Breakfast
10:00-11:00am	Introduction to White Memorial
11:30-12:30pm	Endangered Species program
12:30-2:30pm	Lunch, Free Time and clean-up
2:30-3:30pm	Bats!! (<i>described to the right</i>)
4:00-5:00pm	Ice Harvesting, Tracking and Orienteering (<i>described to the right</i>)
5:30-6:00pm	Pack-up and head home



Ice Harvesting, Orienteering and Tracking!

The snowy conditions won't stop us from going outside! We will learn about ice cutting tools and the history of the industry. Did you know that people used to have to buy ice and have it delivered to their homes? Get a chance to use some of these tools on Ongley Pond.

Monday @ 4:00pm



Sonar Spectacular: Meet the Little Brown Bat of North America!

CT DEEP Licensed Rehabilitator Gerri Griswold is known as the Bat Lady! She specializes in research on these amazing nocturnal mammals. What does nocturnal mean? Come and learn the not-so-well-known facts about these creatures and find out the truth as to whether Vampires really can turn into bats!

Monday @ 2:30pm