

THE WORD ON COMMON STREET

December 1, 2023/VOL 006
DEVELOPMENTS SHAPING OUR TOWN

Mental Health & the Holidays



**SOUTHBOROUGH YOUTH
AND FAMILY SERVICES**

STRENGTHENING OUR COMMUNITY BY SUPPORTING ITS FAMILIES

Southborough Youth and Family Services Logo

Elvis once crooned about feeling blue at Christmas time, & there are a variety of reasons why your days may not be merry & bright around the holiday season. It can be the jam-packed social calendar, reminders of lost loved ones, sunless winter days, or all of the above. In case you or a family member needs some extra support, we are here to tell you about the great free services available to you through Southborough Youth & Family Services (SYFS).

Mental Health Support

SYFS offers a variety of mental health support services to assist Southborough residents from one-time consultations with a mental health professional to ongoing counseling support. All mental health support services are confidential, free of charge, are provided by licensed mental health professionals, & are available to Southborough residents of any age.

Need-Based Services

SYFS provides support to Southborough residents experiencing financial hardship through a variety of programs including emergency fund assistance, holiday support, fuel assistance, camp scholarships, & more. These services are free of charge, confidential, are administered by SYFS staff, & are available to Southborough residents of all ages. Some services Need-Based Services require income-eligibility.

Prevention Programs

Just like your physical health, **SYFS cannot stress enough how important prevention is.** SYFS' prevention programs reduce risk & increase health, wellness, & protective factors. Protecting yourself & your loved ones ahead of mental health challenges is of critical importance especially during times when support services are not always easy to find.

Taxation Aid Committee

The Town has a Taxation Aid Committee that annually awards tax reduction grants to low income seniors and disabled residents. Each February the Town accepts applications and a five member Committee reviews them. Presently the Taxation Aid fund survives through donations from residents, although we have had limited support from other sources within the Town (American Rescue Plan funds and Trust Funds).

This RE Tax Year we awarded 7 grants totaling \$10,500 – and these were applied to tax bills due November 1st. Should you want more information please visit <https://shorturl.at/inMP3> where you can find information on the Committee and an application (applications are accepted in February annually).

Grant Awarded

The Southborough Police Department has been awarded \$18,079 in grant funding through the Edward J. Byrne Memorial Justice Assistance Grant, which is funded through the Executive Office of Public Safety and Security's Office of Grants and Research (OGR).

The money awarded through this grant will be used to cover the cost of replacing the department's aging LiveScan Fingerprinting machine. Great work to the Police administration for securing this beneficial grant!

Holiday Hours

Town Offices [non-Public Safety] will be closed on the following days:

- **Monday December 25, 2023
- **Tuesday December 26, 2023
- **Monday January 1, 2024

Transfer Station

Due to the holiday landing on a Monday, the Transfer Station will have normal hours through the rest of December.



Pic of Police Badge



Pic of snowman

Upcoming Events

Saturday, December 2, 2023

Santa Day (12:00 - 3:00 pm)

@ Community House: Free event for the community. See Santa arrive by helicopter (or fire engine in case of bad weather). Then join him at the Community House for activities and pictures with Santa! Thank you Kindergroup for this incredible event!



picture of gifts

Holiday Book Sale (10:00 am - 2:00 pm) @

Southborough Library: The Friends of the Southborough Library will be holding a special book sale upstairs and each child gets a free book!

Annual Kids Shop (9:00 am - 2:00 pm) @ St

Anne's Church Parish Hall, 20 Boston Road: Boy Scout Troop 92 will assist children in doing their own solo holiday shopping.

December 9th, 2023 - 3rd Annual "Fill a Cruiser" event @ Public Safety Complex (32 Cordaville Rd) 1pm- 5pm.

Items needed by the Southboro food pantry include the following: paper towels, toilet paper, kleenex, napkins, hand soap, dish soap & so much more! Pls check out the Police Dept. post on their new X page: @SouthboroughPD

SYFS Prevention Program

QPR for Parents—Know the Signs, Know the Steps for Suicide Prevention on December 13th at 6 PM in the ARHS library. Registration is required but the training is free and open to the public. To learn more about any of these services, please contact us at (508) 481-5676 or visit our website at www.southboroughma.gov/197/Youth-Family-Services.

Gobble Wobble Winners

Congratulations to Grant Gattuso, Eleni Kisty, Mikhail Medina, & Annalise Davis for coming in the top 2 spots for males and females in this year's Gobble Wobble! Congrats to all 974 participants (754 runners and 220 walkers) who are all winners in our book!

Picture of Gobble Wobble 2023



We need YOU!

Are you a resident who is interested in promoting equal access in Southborough? The Southborough Public Accessibility Committee (formerly ADA Committee) has an important job educating the community about universal design and inclusion in Town. Please find info here: <https://shorturl.at/uvJR4> The workload is light, the job is important! We look forward to working with you soon.

Tricentennial Trivia!

Why are there 4 stars on the town flag and what do they represent?

Send your answers to Katie at kbarry@southboroughma.com to be revealed in the next issue! The Tricentennial Committee next meets Wednesday, December 6 @ 7:00PM at the Town House.



Pic of Town Flag

The Tricentennial [July 2027] planning is underway! Have you got any historic photos of Southborough? Send them to selectmenoffice@southboroughma.com

Project Updates

The Senior Center addition is getting windows which is a huge step towards insulating the space before the winter. We are in awe of the herculean talent and efficiency from our Assabet Valley students. We cannot thank them enough for their dedication and skills given to this project so far. It should be done for line dancing in the spring!

Contact Info:

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Mark Purple 2023