

TEAMWORK

A QUARTERLY CHILDREN'S
CLINIC AND FLEX NEWSLETTER
FROM OUR TEAM TO YOURS

ISSUE 22 / SUMMER 2025



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SUMMER IS HERE

The twenty second issue of our Children's Clinic and Flex Team Newsletter is here!

You can find all our newsletters printed in the waiting room at the Clinic, and archived [here](#) on our WEBSITE!

Want to unsubscribe from this newsletter? No problem! E-mail lgray@catchins.org and we will remove you from the mailing list.

This newsletter has been made possible through our agency partnership with United Way of the Franklin & Hampshire Region.

United Way of the
Franklin & Hampshire Region



Cutchins Programs
for Children & Families

LETTER FROM THE DIRECTOR

Hello Clinic and Flex Families,

Welcome to our summer newsletter! We've fit so much into this one, I hope you find it helpful.

Included you will find:

- Expansion updates
- A Birthday party Save the Date for the Clinic's 40th anniversary!
- A DMH training our Flex team attended
- Some Summer Boredom Busters
- And more!

Of note: Our expansion is in need of support! You have hopefully seen info about our Help Us Grow (HUG) campaign. If you or someone you know might be interested in donating toward our HUG campaign please see this website <https://cutchins.org/help-us-grow> or reach out to our Development Director Gina with questions. We appreciate your consideration!

We have also included some info about our Parent Support Groups, cofacilitated by our Flex Family Partners Gina and Connie. We have been trying to get this group running, and need your thoughts! Please see the survey link and let us know what YOU want out of a caregiver support group!

And of course we have our specially chosen "Staff Picks" and our newer section where you can "Meet Our Team", which we hope helps in getting to know our Clinic team and increasing community here in our Clinic/Flex community.

I hope the second half of summer goes well for you all. As they say in middle school yearbook signatures, "Stay Cool!"

With Kindness,

~Amanda Jenkins Harrison, LMHC
Vice President of Community Services



BIRTHDAY PARTY SEPTEMBER 25TH!

Birthday Party! Save the Date!

This year our lovely Clinic turns 40 years old! To celebrate and honor this, we will be having a "Wicked Fun Birthday Party" on Thursday September 25th

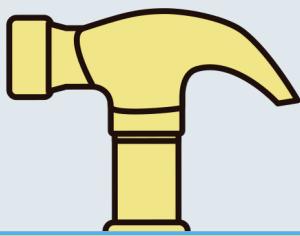


Mark your calendar and save the date so we can celebrate this huge milestone for The Children's Clinic together!



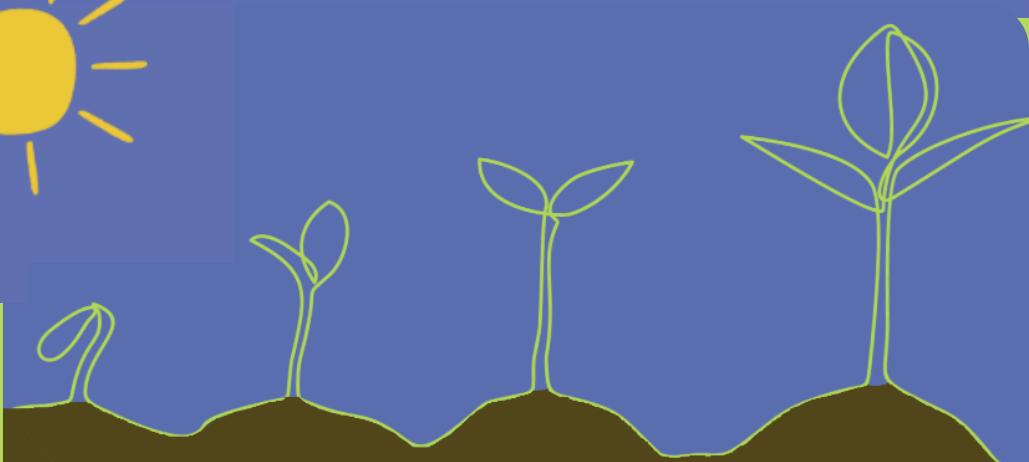
Build Update!

We are so excited about our expansion and can't wait to introduce you all to the new space!



Well folks, the renovation to downstairs is progressing, but we have hit a few speedbumps and the progress is a bit slower than we hoped. As you know we had hoped to move into the first floor this spring, a more likely estimate at this time is early fall.

Help Us Grow



Cutchins Programs
for Children & Families

Why Donate?

- Support us in serving more clients with innovative trauma treatment services to address the crisis in youth mental health affecting vulnerable populations and area families.
- Give in honor or memory of someone who believed in compassionate care, and our mission and values of Hope, Integrity, Acceptance and Belonging.
- We are a certified 501(c)(3) non-profit - your donation is tax deductible.



QR Code for Direct
Donation Link and to
Donate in Any
Amount

Please share this fundraiser with
anyone you think might like to
Help The Children's Clinic grow!

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Clover Lewis

She/her

Position Clinician, Referral Coordinator

I've worked here for: 13 Years

Describe your job, what do you do?

I see children and their families for play and talk therapy. I work with a range of ages, stemming from early preschool right through to young adulthood. Concerns revolve around everything from early childhood trauma and attachment disruption to ADHD, Anxiety and Mood Disorders. I also supervise new clinicians as well as MSW interns. And finally I manage our Referral process.

What do you love most about your job?

I love working here because I have the honor of getting to know so many amazing children and their families. I learn as much from them as hopefully they learn about themselves during this reciprocal healing process.

What's a fun fact about you?

One fun fact about me is that I am the middle child of 7 children!! Chaos amidst love and nurture created me.



MEET THE TEAM

Swansea Benham Bleicher

Pronouns She/Her

Position Outpatient Clinician,
LCSW

I've worked here for: 2.5 years

Describe your job, what do you do?



As a therapist, I spend most of my time talking and playing with children from 5 to 18 years old. I also spend time meeting with and supporting the parents and caregivers of these children, and sometimes meeting and collaborating with other important people in children's lives, such as teachers and caseworkers..

What do you love most about your job?

I love helping children and their parents/caregivers to connect, understand, and communicate better with each other. I love when children are able to express thoughts and feelings and even goals they have not previously identified or been able to express. For many years a passion of mine has been helping parents/caregivers to understand the underlying reasons for their children's behavior and to creatively find solutions that meet each of their needs.

What's a fun fact about you?

I enjoy singing and playing the violin/fiddle with other singers and musicians, and I sometimes play at local farmers' markets. I love hiking and spending time in nature, and have enjoyed identifying reptiles and amphibians in nature since I was a child, and more recently identifying birds and wildflowers.

Now offered by Cutchins Childrens Clinic:

Parent Support Groups

Free of charge, and open to all families of the Children's Clinic and Flexible Support Services.

We need your feedback!

Please fill this out and let us know what you'd like to see in a support group!

Survey.

Parenting is challenging, and we know how helpful it can be to have a space to share and feel supported. You are not alone. Our Parent Support Groups are here to help you connect with others, validate your feelings and experiences, learn practical strategies, and connect and even have a little fun along the way.



For more information and questions, please text, email, or call:

Connie Evans, Parent Partner:

■ 860-461-2964  cevans@cutchins.org

Gina Krosoczka, Parent Partner:

■ 413-341-9086  gkrosoczka@cutchins.org

DMH ANNUAL TRAUMA AND RESILIENCE SYMPOSIUM



Our Flexible Supports Services and TAY Flex teams attended DMH's Annual Trauma and Resilience Symposium this year on June 10 at Greenfield Community College. Together with colleagues from Cutchins NCCF Group Home and mental health providers from around the Valley, we attended a variety of breakout sessions and heard a wonderful keynote regarding the importance of hope, equality and accessibility in providing care. Extra fun was the provider scavenger hunt where we learned about a variety of community resources, congrats to Gina on winning the raffle prize! And did we mention there were tacos?? Looking forward to next year!

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Mass
DMH
Department of
Mental Health

Feeling bored over the summer? Here is a list of some fun activities to do at home!

Thanks to our volunteer Eleanor for creating this list!

We know it can be hard to fill your days without school taking up a majority of your time, so we thought of some fun easy things to make your summer enjoyable! Summer is a fabulous time to check some things off your bucket list, and try new exciting activities. In the list below you can find all sorts of activities, from sports to art projects and more!

We hope this list keeps you busy all summer!

- Do a puzzle - maybe even a 1000 piece one!
- Find a coloring book or some coloring pages
- Learn a new song, or listen to music
- Practice your juggling skills with a soccer ball
- Shoot around with a basketball
- Play a board game
- Go for walk and create a bouquet of flowers using flowers you find
- Learn to bake/cook something new
- Start a lemonade stand
- Make ice cream in a bag
- Make friendship bracelets or beaded bracelets
- Read a new book
- Plant a garden - or just a few flowers!
- Build a bird feeder
- Make some fairy houses
- Build a fort
- Create origami animals
- Madlibs!
- Science experiments!
- Draw on your driveway with chalk
- Climb some trees - if it's safe!
- Learn how to hula hoop
- Learn how to jump rope
- Catch some lightning bugs outside
- Create a fun potion out of things in nature
- Make homemade popsicles
- Have a dance party!
- Make a dance routine



STAFF PICKS

LUPA ZOO: Certified Sensory Inclusive Small, locally owned Zoo/Sanctuary : Amanda's Pick

I've loved visiting the Lupa Zoo in Ludlow for years, enjoying the thoughtful way the Zoo is set up and the clearly compassionate way the animals are cared for. How cool that they have also thought about how to make the Zoo inclusive for those with sensory sensitivities? Check it out as you look to fill up your summer months.

<https://www.facebook.com/share/p/195LTM9MMk/?mibextid=wwXIfr>

Kids at Springfield Museums - Laura's Pick

Did you know the Springfield Museums have "Family Fun" activities for kids this summer? Check out this link for special events and exhibits, including Giant Bubbles, hands-on Tinker Thursdays, concerts and more! While you're there, check out the Science Museum or Dr. Seuss exhibits. (Entrance fee may apply or get a museum pass at your local library).

<https://springfieldmuseums.org/programs/category/family-activity/>