

TRI-TOWN COUNCIL ANNUAL REPORT - FY 2020

Celebrating over 50 years supporting Tri-Town Youth and Families!

***Our Vision:** A community where all youth have the relationships, supports and skills necessary to grow and develop into resilient, healthy, thriving adults.*

***Our Mission:** To intentionally strengthen the social and emotional well-being of Tri-Town Youth and to reduce and prevent at-risk behavior by growing and fostering healthy youth behaviors.*

WHO WE ARE: Serving and supporting youth and families for five decades and counting, Tri-Town Council (TTC) continues our commitment to **support and empower youth** to make healthy and safe decisions and to provide parents/guardians, educators and community members the tools and strategies needed to support youth in effective, positive and impactful ways. **We are a 501c3 not-for profit organization proudly serving the communities of Boxford, Middleton and Topsfield, Massachusetts.**

Each year we offer a variety of mission-driven programs and services including youth leadership, parent education, professional development, prevention services, after-school enrichment and various types of family and community support. Established in 1968 and originally named the *Tri-Town Council on Drugs*, TTC was organized by concerned citizens to address underage youth drug and alcohol use. This grassroots effort has evolved over the years to become a vibrant community mainstay centered on **positive youth development**.



Our work is guided by the **Developmental Assets Framework**, **Developmental Relationships** and **Positive Community Norms (PCN)** using **The Science of the Positive (SOTP)**. **Developmental Assets** are 40 research-based, positive experiences, structures, opportunities, values and qualities that influence young people's healthy development, helping them become caring, responsible, and successful adults. Grounded in the tenets of positive youth development and rooted in prevention research, the **Developmental Assets Framework** is widely used in the United States and, increasingly, around the world in support of the health and well-being of youth. **Developmental Relationships** identify 5 elements and 20 specific actions of these healthy, close connections with important people in their lives that help youth discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them. It is within the context of these Developmental Relationships that youth Assets are built.

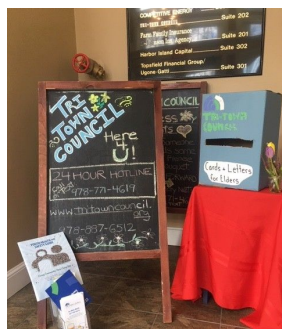
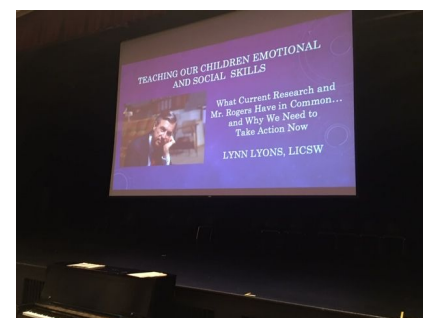
The Positive Community Norms approach to improving community health is founded on the [Science of the Positive](#). Science of the Positive focuses on growing the healthy, positive, protective factors that already exist in our community. It is based on the core assumption that the positive is real, measurable, and is worth growing – in ourselves, our families, our workplaces, and our communities (Linkenbach, 2007).



HOW WE DO OUR WORK: We achieve our annual programming goals as a result of strategic collaborations with a host of community partners including Masconomet Regional School District, Tri-Town Elementary School Union, health departments, police departments, faith-based organizations, local legislators and mental health professionals among others to provide social/emotional wellness, service-learning, leadership, enrichment and recreational programs for youth; parent/guardian education, workshops and family support; and professional development opportunities for our educators and partners. *It is as a result of these partnerships that TTC, whose small staff of employees (2.75 FTEs), is able to accomplish our ambitious goals each year reaching thousands across the Tri-Town community.*

TTC is powered by financial support from the Towns of Boxford, Middleton and Topsfield along with hundreds of individual donors, community and family foundations, and corporate and institutional grants which together make our work possible.

OUR IMPACT: Despite the challenges wrought by Covid-19, in the 2019-2020 program year, TTC’s efforts reached **hundreds** of youth, parents and educators with a variety of educational, enriching and empowering programs and workshops including our “Mental Health” and “Tech Talk” community education series; inaugural Lisa G. Teichner speaker series honoring the service of our long time former Executive Director; a community conversation “Are the Children Well?” focusing on the 2018 Youth Risk Behavior Survey data; January 2020 publication of the [Youth Health and Safety Guide](#) featuring a variety of resources and articles to support healthy development and decision making that was mailed to all Tri-Town households; youth leadership and outreach opportunities through our Youth Action Advisory Board (YAAB); peer mentoring; after-school enrichment; and substance-free events among others.



When COVID-19 set our world upside down, Tri-Town Council was able to provide virtual support and enrichment resources via a parent connection group, enrichment classes, [conversations with a local mental health counselor](#), youth volunteer opportunities including virtual peer tutoring and

virtual guest readers in elementary classrooms. Additionally, we offered a variety of resources and strategies to help manage the impact of COVID 19 on health and well-being via “Covid Coping Strategies” focusing on gratitude as a practice, laughter as a stress management strategy, reaching out to others, and asking for help. These offerings were intended to support individuals, family dynamics and the especially hard work of parenting and caregiving during a pandemic. With the continued uncertainty for our school districts, and families continuing to face numerous challenges, TTC will remain a trusted partner and resource during these unprecedented times, supporting our youth and community through innovative and proactive programming in a variety of forms.

CORE PROGRAMS



The Coalition - established in 2010, [The Coalition](#) continues to expand its activities and reach. This TTC program is a community-wide partnership which includes our schools, law enforcement, public health, mental health professionals, faith-based, civic organizations, youth and parents. The Coalition is TTC’s directed focus on reducing and preventing substance use among Tri-Town youth. *The Coalition* provides local coordination, collaboration, education and advocacy towards the ultimate goal of reducing youth substance use ensuring and sustaining a healthy Tri-Town community for all. Activities include data collection/dissemination, substance-free activities, information/education campaigns, positive community norms promotion, youth engagement and advocacy.

Coalition initiatives in FY20 focused on disseminating and promoting the 2018 Youth Risk Behavior survey data among the youth and community. In partnership with the Masco Art Department’s head Stacy Mannheim and Health Director Karen Trevenen, TTC staff worked with graphic design students to understand the [positive community norms](#) the YRBS data revealed about Masco high school youth. Further TTC staff engaged youth in discussions about why promoting healthy norms matters and why correcting misperceptions about behavior is an effective prevention strategy. Using this information students graphically designed campaign posters promoting the healthy norms around marijuana, alcohol and vape **NON**-use. TTC selected 5 of the student designs to be used in a [community education campaign](#).



The Coalition hosted a community conversation “Are the Children Well?” in January. Members of the Youth Action Advisory Board presented 2018 YRBS data centered around 30 day substance use rates, mental health, norms,

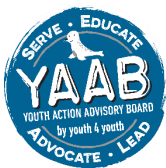
perceptions, and technology use. YAAB, Coalition members and community partners facilitated table conversations centered around the data and what it revealed about youth health and well being.

Horizons After-School & Summer Enrichment - Horizons is available to K-6 elementary school children in Topsfield and Boxford during the academic school year and to all Tri-Town K-6 residents during the summer. Classes taught by experienced adults may include art, science, chess, yoga, cooking, physical activity, Lego Engineering, sewing, drama and nature workshops. In December we offered a few Saturday workshops initiated and taught by a Tri-Town high school youth with adult supervision including Creating Bubble Bars and Bath Bombs. In the spring, TTC was honored to partner with a local Masco youth and Geo Bee champion who offered virtual “Geo Bee” classes where elementary participants learned about geography through games and online activities. The youth enjoyed facilitating Geo Bee and for the month of June ran “Sports Talk” sessions where participants explored the wide world of professional sports together.



Horizons is offered in multi-week sessions during the fall, winter and spring; weekly during the summer; and includes a 6-week ski program for Boxford youth in grades 3-6 at Bradford Ski. Programs are held at the elementary schools immediately after dismissal during the school year along with before school. Community service opportunities are available for high school youth to assist in Horizons classes to make programs accessible for students who may need additional support. Summer 2019 programs were held at various locations in the Tri-Town - Fuller Meadow School, Trinity Church and others. During FY20, up until the closures due to Covid-19, over 500 Tri-Town elementary youth participated in

after-school Horizons programs and **10 high school youth and 12 middle school youth served as volunteer counselors** during Camp Invention in the summer of 2019.



Youth Action Advisory Board (YAAB) – This dynamic and dedicated group of Masconomet high school students serves under the umbrella of **The Coalition** and works with community leaders and peers to address issues that

matter most to teens. YAAB is about speaking up, speaking out and making a difference in the community. YAAB is coordinated by TTC’s



Executive Director and Youth Program Coordinator. FY20 activities included: hosting a high school Open Mic Night, presenting YRBS data at the Community Conversation which took several weeks of planning and co-facilitating Community Conversation table talks, planning and hosting a middle school youth night at the Danvers YMCA, and continuing to meet virtually throughout the Covid-19 shutdown. This past spring, despite the challenges of remote schooling, YAAB members focused on bringing the Masco community together through a food drive benefiting Tri-Town food pantries and Masco Counts - a friendly middle and high school reading contest challenging all grades to read more books while sheltering at home. All members of the winning grade were entered into a raffle to win one of four gift cards to local Tri-Town businesses.



All-Night Graduation Party - Tri-Town Council sponsors and coordinates this annual event with the input and support from parents of Masco Seniors. This event, run since our inception in 1968, takes place the night of graduation with approximately 80% of seniors participating and is chaperoned by parents of underclassmen and TTC staff.

Because of the pandemic the graduation party was cancelled this year. TTC worked with a committee of Class of 2020 parent volunteers who had formed to make the end of the school year a special one for the seniors. TTC sponsored banners to hang in each town congratulating the Class of 2020 as well as promoted and participated in the Class of 2020's rolling rally occurring on May 29th - the original graduation day date.



Tri-Town Council Scholarship Program- Scholarships are awarded to three graduating Masconomet Seniors, one from each of the Tri-Towns, recognized for their community service and being exemplary role models to peers during their high school years. **The 2020 recipients were Sophie Lane, Brooke Baptista and Charles McGinley.** FY20 marks the 10th year these scholarships have been awarded, and in FY20 TTC awarded \$500 to each recipient.

Project Safety Net 24/7 Helpline – TTC continued to provide 24/7, via telephone and text, access to a licensed mental health counselor. **Project Safety Net** is used by both parents/guardians seeking advice or guidance regarding issues with their children, youth in need of someone to talk to, as well as concerned community members looking for information, and/or referral/crisis counseling. During Covid-19 TTC has heavily promoted the Project Safety Net Helpline as a community resource.



In addition, TTC provides a list of mental health resources and a list of local and regional mental health practitioners on our [website](#).

Tri-Town Community Resources for Families in Need - TTC and the Masconomet -School



Health Advisory Council (SHAC) provide a comprehensive list of local resources, regional and state resources that include mental health, substance abuse, food/fuel assistance, safety and more. This resource list ([Community Resource Guide](#)) updated in August of 2019 is accessible on-line and in print. TTC also works with schools and local agencies to facilitate support for Tri-Town families in particular need during the November/December holiday season. This support includes non-perishable food items plus a gift card to a local grocery store provided by Christian Angel Smile Foundation at Thanksgiving and Christmas. TTC worked with the Christian Angel Smile Foundation and Masco's School Health Services in the spring to identify families in need of additional support during the initial stage of Covid-19.



Youth Risk Behavior Survey (YRBS) – The YRBS is a data collection tool which focuses on measuring risk behaviors that threaten the health and safety of young people as well as the protective factors, resistance strategies, and peer, adult, and community supports youth have in their lives. This tool is used across the state and nationally to assess youth behaviors and perceptions. Administered biennially to Masconomet middle and high school youth since 2010, the anonymous survey includes questions about alcohol, tobacco, vaping, marijuana and other drug use; youth's perceptions of their peers' behaviors; bullying; mental health; sexual behaviors; dietary behaviors, physical activity; screen time; protective factors; and behaviors associated with intentional or unintentional injuries. Data from the survey provides accurate estimates of the prevalence of risk behaviors and perceptions of use among Masconomet middle and high school youth. This information is used to inform health education and risk prevention programs within the schools and community. The survey data is used to inform TTC programming, in particular our Positive Community Norms initiative, and is shared and used by Masconomet, public health, and others, this past year culminating in the Coalition's January 2020 Community Conversation as noted above. Executive summaries of all YRBS's administered are available on the [Masconomet](#) and [Tri-Town Council](#) websites.

Adult Perception Survey (APS) – This survey is conducted biennially since 2011 and implemented by TTC with the support of our Coalition partners. This survey asks Tri-Town adults (parents, teachers, administrators, law enforcement, clergy, business owners as well as any other adult vested in the local community) for feedback on issues youth face or will face in

making safe, healthy choices as they grow and mature. Participation is open to all Tri-Town adults who parent, educate and care for and about Tri-Town youth. 268 adults participated in the 2019 survey, offering us insight into areas of concern as well as perceived alcohol and drug use among Tri-Town youth. This information is presented to the community in conjunction with the YRBS survey data at the Community Conversations. Executive summaries of past Adult Perception Surveys as well as the most recent 2019 summary are available on our [website](#).

ENRICHMENT PROGRAMS & WORKSHOPS

Youth Workshops/Activities

Open Gym Nights for Middle & High School Youth – These nights are run by Tri-Town Council for Middle and High School youth on select Saturday evenings during the winter months from November-March in the Masconomet Field House. Open Gym is a free, supervised drop-in program for Masco teens. Activities include basketball, floor hockey, Frisbee, board games and some craft activities. The Boys 4 Boys mentoring program runs in conjunction with Open Gym Nights.



Open Mic Nights for High School Youth - YAAB hosted an Open Mic Friday night last Fall. These evenings are designed for high school youth only, giving them an opportunity to perform in an uncensored, judgement free, supportive environment. Teen performances included poetry, music, storytelling, and comedy. Tri-Town Council once again partnered with Creative Co-Op in Topsfield to host this evening.



6th Grade Fun Night - This two hour event provides another opportunity for Tri-Town 6th graders to meet in a casual environment for an evening of games and activities. Middle and high school youth volunteers help plan and facilitate activities during the evening. TTC provides 1-way bus transportation from the upper elementary schools to Masconomet to encourage participation. Due to Covid-19, we were not able to host this event for the 6th graders this year.



Girls 4 Girls Mentoring Program – completing its fifth year, the mentoring program is run at Howe-Manning School, Spofford Pond School and Proctor School. This impactful program matches girls in grades 5-6 with Masconomet High School girls grades 10-12 who meet regularly October-June to develop relationships, serve as a mentor, role model and help with the transition to middle school.



TTC works collaboratively with Howe-Manning, Proctor and Spofford School staff in program design and delivery. During the 2019-20 school year there were 80 participants among the three communities. While Covid-19 prevented the mentor pairs from meeting in person in the spring, meetings continued virtually.



Boys Mentoring Program – Building on the success of the Girls 4 Girls Mentoring program, TTC initiated a boys mentoring program matching high school youth with boys in grades 5 & 6. The boys meet during TTC’s Saturday Open Gym nights. The mentors and mentees actively engage with one another in myriad activities that include sports, games, partner activities and science and building challenges. This year 20 youth were served in this program.



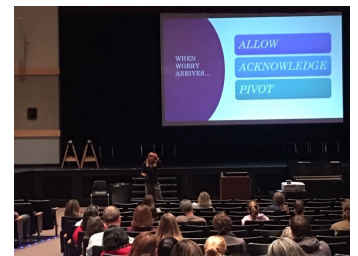
Intergenerational Activities - New this year was an **Intergenerational Open Mic Night** for all ages. TTC partnered with the Tri-Town libraries and COA to plan this event in January 2020. TTC sponsored program, the Tri-Town Rock Band, under the direction of former Boxford band director Andrea Monty opened the night and a variety of acts of all ages performed. Over 80 people attended the event at the Creative Co-op in Topsfield.

Parent/Community Presentations & Workshops

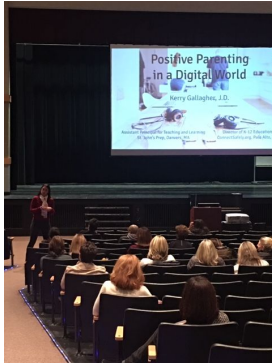
Lisa G. Teichner Speaker Series: In honor of our former Executive Director Lisa Teichner’s service to the Tri-Town community, we created the **Lisa G. Teichner Speaker Series** in September of 2019. The series will bring experts and programs to the Tri-Town that support community education, awareness, social-emotional health and well-being, and positive youth development in homage to Lisa Teichner’s dedication to our youth and the Tri-Town community.

Teaching Our Children Emotional and Social Skills: What Current Research and Mr. Rogers Have in Common... and Why We Need to Take Action Now

Nationally recognized expert on anxiety Lynn Lyons brought her perspectives on HOW and WHAT our children need to learn in today’s world, which overlap with the skills that Fred Rogers of Mr. Roger's Neighborhood taught children who tuned into his PBS television show over its 31 seasons. The goal? Helping kids move toward autonomy, empathy,



connection and flexibility now and throughout the life cycle. Lynn’s presentation kicked off TTC’s Mental Health Community Education series.



Positive Parenting in a Digital World

Kerry Gallagher, experienced educator, parent, advocate for digital safety and director of K-12 Education for ConnectSafely.org – an internet safety non-profit in Palo Alto, California - offered guidance, experience and advice on navigating the constantly changing landscape of technology, games, and social media while maintaining a positive and consistent relationship with their children. Kerry’s presentation kicked off TTC’s “Tech Talk” series.

Tech Talk Series:

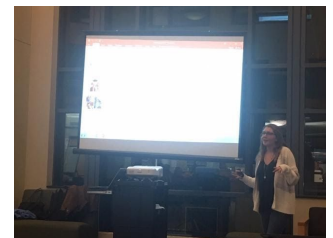
Healthy Balance: Screen Time With data increasingly suggesting that exposing youth to large amounts of time in front of screens (TV, computer, tablet, or smart phone) can have negative effects on physical and mental development, TTC hosted this workshop to support parents in providing the tools and vocabulary needed for children and adolescents to make wise choices about balancing daily screen use, while focusing more attention on exercise and nutrition.



The 2nd workshop scheduled for the “Tech Talk” series *Mindfulness in the Age of Digital Distraction* was cancelled due to Covid-19.

Mental Health Series:

Just Talk About It This interactive presentation served as an introduction to adolescent mental health, designed to train both adults and youth on how to recognize the warning signs of stress, anxiety, depression, and crisis. Participants heard from a clinician and a young adult who have both experienced anxiety and depression.



Social Media’s Impact on Mental Health: Optimizing the Connection Participants learned about the impact social media has on today's youth and the ways their peers, families and teachers can work together to optimize its use with practical solutions for youth, adults and teachers alike.



Understanding Teen Depression Families for Depression Awareness presented this workshop on understanding teen depression, what to do if you suspect a teen you care about is suffering and the resources available to support teens and their families get the care they need to get well.

Professional Development for Educators, Administrators & Community Partners

- ❖ **Youth Mental Health First Aid** - in this 8 hour workshop held over 2 days, participants learned risk factors/warning signs of common adolescent mental health challenges; the importance of early intervention; and how to support youth developing signs/symptoms of mental health illness or emotional crisis by applying a 5 step core action plan. This impactful and free program was offered as a result of the generous funding provided by the Peter and Elizabeth C. Tower Foundation.



COMMUNITY OUTREACH

TTC is a trusted resource for children and families in the Tri-Town area. TTC works to expand its community engagement by participating whenever possible in community events and regularly attends meetings of town and school boards to share our work. Outreach included:

- Masconomet MS and HS Open Houses
- Presenting to Tri-Town Selectboards
- Presenting to Masco MS and HS staff
- Attended the Tri-Town School Union’s Parent University
- Proctor School Wellness Fair
- Middleton Gets Moving Night
- Programming information sent weekly via TTC’s digital newsletter to over 2800 email addresses
- Social media presence including TTC Facebook page, Instagram, and Twitter



AFFILIATED ORGANIZATIONS

Tri-Town Council has affiliated organizations (referred to as “sponsored programs”) which benefit from our non-profit status, administrative support and fiscal sponsorship affording them the opportunity to serve the Tri-Town community including:

Tri-Town Rock Band - Tri-Town Rock Band is an inclusive performing pop-rock ensemble and is comprised of Tri Town



students with disabilities in grades 6–12 who are interested in learning and playing pop & rock music appropriate for advancing musical skills. Participants work with youth mentors who possess strong musical and mentoring skills. Since its inception in 2016, the band has learned 14 songs and publicly performs at least four times a year. This program is under the direction of Andrea Monty, Director of Spofford Pond Band. Check out this terrific performance [here](#).

Disability Awareness Starts Here (DASH) Since 1994, D.A.S.H. has provided an innovative, hands-on sensitivity awareness experience for elementary school students in Boxford, Topsfield and Middleton. This parent-led program relying on more than 250 volunteers annually is embraced by the elementary school district, emphasizes **abilities** rather than disabilities; encourages empathy and understanding; fosters an atmosphere of mutual respect and friendship; and strives to eliminate fear and misunderstanding. Each year all youth in second through fifth grade participate in this program; first grade youth participate in an abbreviated program. D.A.S.H. presents four unique curriculums which utilize hands-on activities designed to simulate what it is like to live with a disability. Children are encouraged to explore their feelings, think creatively, and discuss alternatives and solutions to the challenges created by a disability. Each program concludes with a guest speaker where the children are invited to ask questions and share their new perspectives. **The grade level curriculums are Visual Impairments - Grade 2; Hearing Impairments - Grade 3; Invisible Disabilities - Grade 4; Physical Disabilities- Grade 5.**



Sponsor-A-Child – a Boxford-based program run at Cole and Spofford Pond Elementary Schools since 1980, provides a tangible and meaningful way for elementary school children to be part of a community service activity along with their classmates and family. This program raises awareness about children, close to home, who are underprivileged and in need, and how others, both individuals and a community can help. Sponsor-a Child working with Santa’s Helper of Salisbury, facilitates the donation of hundreds of wish list gifts (clothing and essentials) from many Boxford families with the help of dozens of classroom volunteers to almost 40 children in need during the 2019 holiday season.

TRI-TOWN COUNCIL LEADERSHIP

Tri-Town Council Board of Directors provides leadership, governance, fiscal oversight and long-term strategic planning in support of the organizational mission. Led by an Executive Board consisting of a President, Treasurer and Secretary, and sub-committees, the Tri-Town Council Board is engaged in the vital and on-going process of identifying and achieving the goals and objectives of the organization.

Tri-Town Council employs a full-time Executive Director who is responsible for the development and implementation of programs and services, provides organizational leadership

and management; and several part-time professional staff members who assist with program implementation, communications, youth activities and business functions.

TTC's professional work space is located at 7 Grove Street, Topsfield. In addition to the primary space on the second floor, TTC has a dedicated program space in the basement of this building where we host meetings such as The Coalition, YAAB as well as a variety of programs.

OUR FUNDING

Municipal funding contributions from Boxford, Middleton and Topsfield represent a significant portion of Tri-Town Council's annual operating budget. The balance of our income comes as a result of private donations, corporate donations, foundation contributions, grants, fee for service programs and fundraising events. This funding is vital to the financial health and organizational stability of Tri-Town Council.

IN SUMMARY

Through our educational, enrichment, mentoring and leadership programs, sponsored programs and organizational affiliations, Tri-Town Council proactively provides support and addresses current and emerging concerns of the Tri-Town community. We collaborate with schools, parents, youth, law enforcement, community organizations, legislators and area resources to insure the highest impact and most cost effective delivery of our programs and services. We maintain high visibility in the community through our website: www.tritowncouncil.org, weekly E-news to more than 2800 subscribers within our in-house database and through school newsletters and blogs, in local media resources such as the Tri-Town Transcript, the Salem Evening News, PTO directories and other organizational websites including Masconomet and the Tri-Town School Union.

We also connect with parents/caregivers, youth and community members via **Facebook (over 800 page likes and page follows)** [Instagram](#) and [Twitter](#), providing important programming information as well as resources pertaining to various youth & family issues, social and emotional challenges and guidance in raising children of all ages. Our website, E-news and social media posts contain timely information for parents/guardians, educators and youth on topics such as resilience, Asset building, bullying and cyberbullying, social media and Internet safety, stress/anxiety management, and alcohol, marijuana, vaping, prescription drug and other forms of substance use as well as updates regarding Tri-Town Council events and activities. Our social media and e-news platforms were critical in our efforts to support the community with resources, opportunities, and connections during the Covid-19 shutdown.

Tri-Town Council actively participates in and collaborates with several Tri-Town committees including the Masconomet School Health Advisory Council (SHAC) whose mission is to promote youth health, wellness and safety; the K-12 Umbrella Group which consists of local volunteer leadership and school superintendents meeting monthly to share projects and ideas; the elementary school Parent-Teacher Organizations; public libraries; and faith-based institutions. TTC maintains connections with regional and professional groups including Community Anti-Drug Coalitions of America (CADCA), MassTapp, Bolster Collaborative, Search Institute and the Massachusetts Non-Profit Network. We work with local organizations and agencies sharing ideas, co-sponsoring programs and events to both broaden our impact as well as sharing the costs whenever possible and appropriate.

The Tri-Town Council is grateful for and depends on the continued support we receive from our funders - it is as a result of Municipal, Corporate, Foundation, Individual and community support and involvement that we are able to pursue our mission educating youth, parents and educators providing proactive solutions which support, engage and empower Tri-Town youth to make informed, healthy, safe and compassionate decisions while strengthening their social and emotional well-being.

TRI-TOWN COUNCIL BOARD OF DIRECTORS

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TRI-TOWN COUNCIL STAFF FY20

Meredith Shaw, Executive Director; Dawn Seymour, Youth Programs/Special Projects; Nicole Gregoire-Allis, Coalition Coordinator; Gretchen Rehak, Communications/Development Manager; Bonnie Collins, Accounting Manager; Beth Whalley, Horizons Program Coordinator

Respectfully submitted,

Meredith Shaw
Executive Director



mshaw@tritowncouncil.org

(978) 887-6512

Fed EIN #23-7130785