



The Healing Power of Creative Minds in Brain Injury Recovery

It is all too easy to take our brains for granted—until a sudden traumatic injury disables one's power to "do something without even thinking."

The lives of people who survive a brain injury are devastated in an instant; the battle back to a new normal is wrought with insurmountable challenges amidst intermittent victories.

Yet, there is hope at the intersection of the arts and neuroscience research.

"Neuroscience examines the structure and function of the human brain and nervous system"¹ (Sussex Publishers, (N.D.A)).

Extensive research at institutions such as the American Congress of

Rehabilitation Medicine (ACRM) is proving that the all-encompassing experiences of art (seeing, creating) and music (listening, writing, and performing) positively impact brain function.² (ACRM, 2020)

Formulating this data into the models of neurorehabilitation is enhancing the quality of life for brain injury survivors. Engaging in the arts adds an emotional dimension while boosting brain power to improve recovery outcomes.

Locally, Seven Hills has made the creative leap into brain injury recovery with **Creative Minds**, a joint program of Seven Hills Family Services and Open Door Arts.

The Statewide Head Injury Program of the Massachusetts Rehabilitation Commission funds Creative Minds for individuals recovering from acquired brain injury, including those who have experienced strokes.

Creative Minds at WAM is held every second Saturday, September 2023 to June 2024, 10:00 a.m. to noon at the Worcester Art Museum. **Virtual Jam Sessions** are held the last Wednesday, monthly, 6:00 to 7:00 p.m.

To register, contact Noreen Alves, 774.688.4095, noalves@sevenhills.org. To learn more, see page 5 in this issue.

¹ Sussex Publishers. (n.d.a). Neuroscience. Psychology Today. <https://www.psychologytoday.com/us/basics/neuroscience>

² (2020, August 27). How the brain is affected by art - rehabilitation medicine. ACRM. <https://acrm.org/rehabilitation-medicine/how-the-brain-is-affected-by-art/>.



FAMILY SUPPORT CENTER DIRECTORY

Seven Hills Family Services Family Support Team

210 Lincoln Street, Worcester, MA 01605

Leslie Courtney, Vice President

lcourtney@sevenhills.org

Gina Bernard, Assistant Vice President

gbernard1@sevenhills.org

Noreen Alves, Regional Recreation & Grant Coordinator, noalves@sevenhills.org

Brad Ayotte, Therapeutic Recreation Director

bayotte@sevenhills.org

Dawn Varrichio, Administration Manager

dvarrichio@sevenhills.org

Sarah Khan, Administrative Assistant

skhan@sevenhills.org

Amber Wongbay, Agency with Choice

awongbay@sevenhills.org

Sarah Cabrera Rodriguez, Individual Supports

scabrerarodriguez@sevenhills.org

North Central Family Support Center

1460 John Fitch Highway, Fitchburg, MA

978.632.4322

Joe Escribano, Senior Family Support

Specialist, jescribano@sevenhills.org

North Quabbin Family Support Center

2280 Main Street, Athol, MA

978.602.8805

Tonya Lanpher, Senior Family Support

Specialist, tlanpher@sevenhills.org

South Valley Family Support Center

208 Charlton Road, Sturbridge, MA

774.241.2500

Elizabeth Carroll, Senior Family Support

Specialist, ecarroll@sevenhills.org

Greater Lowell Family Support Center

7 Technology Drive, Suite 103

Chelmsford, MA • 978.560.5751

Sandra Tineo, Senior Family Support

Specialist, stineo@sevenhills.org

Information Reminder

For **in-person events**, masks and social distancing are recommended. **Virtual events** may be attend outside of your typical geographic region.

In-Person Events Icon



Virtual Events Icon



Hybrid Events Icon



ASD-Only Events Icon



Registration is required for most events.

A minimum number of participants will be necessary to host some events. For others, particularly in-person events, space is limited. Therefore, unless otherwise specified, registration will be required and the contact information included for each activity.

FAMILY SUPPORT CENTER TRAININGS

REGISTRATION: Click on the ZOOM link or contact the staff person provided. Virtual events may be attended outside of your typical geographical region. For questions, please contact our Family Support Transition Specialists, Malissa Wilson, mwilson@sevenhills.org, or Cheri Brown, cbrown@sevenhills.org.

ESTATE PLANNING WITH TOM ALESSI & CRAIG RICHARDSON: September 25, 12pm. Tom and Craig from The Moody Street Group discuss estate planning, special needs trusts, and the importance of future financial planning. The opportunity to pose questions will be available, and a copy of the recorded presentation will be provided to all registered participants. Hosted by SVFSC. bit.ly/ZOOM-DiscussEstate

IEP TRAINING WITH ROB TERREDEN: October 23, 12pm. Join us for an enlightening IEP training session hosted by Rob Terreden. An esteemed educational advocate with a rich background in Children's Mental Health, Rob also brings experience as a school administrator. This unique blend of experiences ensures he understands both the nuances of the school system and the needs of the students. Don't miss this opportunity to gain insights from someone who truly knows the ins and outs of the educational landscape! bit.ly/ZOOM-IEP-ROB

GUARDIANSHIP, HEALTHCARE PROXY AND POWER OF ATTORNEY WITH BETSY JOHNSON: November 13, 12pm. bit.ly/ZOOM-Betsy-Train

TRANSITION TRAINING WITH JOHANNE PINO: December 18, 12pm. This workshop addresses the transition planning and services required for youth with disabilities, ages 14-22, and focuses on the transition special education services needed to prepare for employment, independent living, and further education. Using case examples, parents and professionals learn strategies to help ensure students receive important transition services required by special education law. Learn about the transition to the adult human services system, including Chapter 688, the state law that helps plan for youth with disabilities after they leave school. Hosted by SVFSC. bit.ly/ZOOM-Johanne-Transition-Train



Check Out Our Training Videos! SHFS Family Support Centers have received funding from the Health Foundation of Central MA to provide family training videos. To access the videos, scan the QR code, or visit: sevenhills.org/family-training-videos



Snapshots of a Picture-Perfect Day at the North Quabbin Family Support Center Open House

RECREATION DEPARTMENT HAPPENINGS

■ IN-PERSON EVENTS(PRE-REGISTRATION IS REQUIRED; SPACE IS LIMITED)

GENTLEMAN'S CLUB: Tuesdays, October–December, 5:30–7pm. Ages 21+ for men only. Free to join; individual outings may cost a fee for participants. A minimum of 4/maximum of 10 participants. This group will discuss topics that affect men in everyday situations relating to relationships and interpersonal communication, among other themes relating to self-care and life skills. **Location:** Seven Hills ASPIRE!, 150 Goddard Memorial Dr., Worcester, as well as scheduled outings in the community, TBD. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

BALLROOM DANCE: Wednesdays, October–December, 6–7pm, \$15. Dust off your dancing shoes and tap, step, and turn with the Seven Hills Dance Group for a spectacular display of elegance in motion. **Location:** Seven Hills ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

GAME NIGHT: Wednesdays, October–December, 6–7:30pm, Free. Let's hang out and play a few board games. **Location:** Seven Hills ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

SCHOOL YAH'D SOCIAL: Thursdays, Oct.–Dec., 5:30–7pm. Enjoy time with friends new and old, Ages 21+. **Location:** School Yahd, 216 West Boylston St., West Boylston. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

JUST US WOMEN: Fridays, monthly, Sept. 2023–May 2024, 6:30–8:30pm, \$300/yr. This extension of Just Us Girls is designed to create friendships while enjoying a discussion during dinner. The group's interests drive the topics and include self-determination, goal-setting, healthy relationships, personal wellness, and community engagement. **Location:** 210 Lincoln St., Worcester. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited; a commitment to the entire year is required.

JUST US GIRLS: Two Saturdays/month from Sept. 2023–May 2024. Ages 10–14, 10am–Noon; Ages 15–19, 1–3pm, \$50/yr. Unique and fun skills development for adolescent girls interested in creating friendships while discussing topics such as self-awareness, self-determination, building healthy relationships and lifestyles, participating in a community service project, and more. Just Us Girls' goal is to build, strengthen and support the development of healthy, confident girls. **Location:** 210 Lincoln St., Worcester. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. A commitment to the entire year is required. The program is funded primarily by the United Way's Women's Initiative grant.

CREATIVE MINDS AT WAM: Every 2nd Saturday, Sept. 9, 2023–June 8, 2024, 10am–Noon, 18+ with ABI/TBI. 10–10:30: Meet & Greet Brunch; 10:30–11: Museum walk-through; 11–Noon: Creation Process. Three special outings are being planned with dates TBA for Woo Sox, etc. **Location:** Worcester Art Museum, 55 Salisbury St. **Registration:** Contact Noreen Alves, NoAlves@sevenhills.org.

SO AQUATICS: Practices are Sundays, meets are TBD. March–June, 4–5pm, \$50 Donation. A Special Olympics of Massachusetts (SOMA) traditional competitive swim team. Athletes perfect skills to reach new goals. A commitment to weekly practices, assessment rounds, and competitions set by SOMA is required. Pool space is limited so attendance will be monitored. SOMA can't guarantee that all athletes will make the state finals. An overnight event is possible; athletes will be asked about independence for larger events. As a courtesy, priority is given to the previous years' team members. **Location:** Assumption University, 500 Salisbury St., Worcester. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

SO FLAG FOOTBALL: Practices are Sundays, games are TBD. August–November, 10am–Noon. If you have any gridiron in your blood, if you eat pigskin for breakfast, or if you sweat for one true reason and that reason is FOOTBALL, we want you. Come tackle a new challenge and join us for a team journey of personal growth, fun, and friendships. **Location:** Worcester Parks TBD. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

FLAG FOOTBALL SKILLS AND DRILLS: Practices are Sundays, August–November, 10am–Noon.

In connection with our Unified team, we are offering a non-travel option that teaches flag football. Fun also included! **Location:** Worcester Parks, TBD. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

SO SOCCER: Practices are Sundays, games are TBD. September - November, 10:30am–Noon. Promoting health and wellness, soccer can be a great way to learn team play and build friendships. **Location:** Worcester Parks TBD.

Pre-registration: Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

VIRTUAL EVENTS (REGISTRATION IS REQUIRED; SPACE IS LIMITED)

RE-CREATE: Tuesdays, September–December, 3-4pm, Free. Doodle, draw, paint, or sketch, join us as we recreate a chosen piece of art and chat with our friends. This group is open to all who have an interest in creating new works of art each week, incorporating your twist and personal eye to your masterpiece. All participants are asked to supply their own materials. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. bit.ly/ZOOM-ReCreate

CREATIVE MINDS VIRTUAL JAM SESSIONS: The last Wednesday of each month, 6-7pm, with Registered Music Therapist Lauren Carey. **Registration:** Contact Noreen Alves, NoAlves@sevenhills.org.



JUST US GIRLS

Two Saturdays/month from Sept. 2023–May 2024
Ages 10-14, 10am–Noon • Ages 15-19, 1-3pm
\$50 fee for the year, due at signup.

Unique and fun skills development for adolescent girls interested in creating friendships while discussing topics such as self-awareness, self-determination, building healthy relationships and lifestyles, participating in a community service project, and more. Just Us Girls' goal is to build, strengthen and support the development of healthy, confident girls.

Location: 210 Lincoln St., Worcester. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

A commitment to the entire year is required. The program is funded primarily by the United Way's Initiative grant.



CREATIVITY & CONNECTIONS

CREATIVE MINDS AT WAM

Every 2nd Saturday, Sept. 9, 2023–June 8, 2024
10am–Noon, 18+ with ABI/TBI

- 10-10:30: Meet & Greet Brunch
- 10:30-11: Museum walk-through
- 11-Noon: Creation Process

Three special outings are being planned with dates TBA for Woo Sox, etc.

VIRTUAL JAM SESSIONS

The last Wednesday of each month, 6-7pm,
with Registered Music Therapist Lauren Carey

CONTACT

Noreen Alves at NoAlves@sevenhills.org
or call 774-688-4095.

NORTH CENTRAL FSC EVENTS

■ IN-PERSON EVENTS (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

BIG E FAIR: Monday, September 25, 7:30am-8pm, \$40. Take the Wilson Bus to the fair! You will be picked up and dropped off at the NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

OPEN MIC NIGHT: Tuesday, September 19, 5-7pm, Free. Join friends and family to dance, sing, and have fun. **Location:** 100 West St., Leominster. **Registration:** Contact Kathy, kblack@sevenhills.org.

THURSDAY SOCIAL: QUICK COOKING TIPS: Thursdays, Sept. 7, Oct. 5, Nov. 2, Dec. 7, 5-7pm, Free. Learn quick kitchen tips and simple recipes. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

IEP CHECK IN: Thursdays, Sept. 7, Oct. 5, Nov. 2, Dec. 7, 5-7pm, Free. Dina Hammad, IEP specialist, answers questions, addresses concerns, and suggests resources regarding your child's IEP. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

THURSDAY SOCIAL: GAME NIGHT: Thursdays, Sept. 14, Oct. 12, Nov. 9, Dec. 14, 5-7pm, Free. Come hang out and play various games with friends. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

GENDER WELLNESS SOCIAL: Thursdays, Sept. 14, Nov. 9, 5-7pm, Free. Meet new friends in a safe space for the LGBTQ community. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

THURSDAY SOCIAL: EXPLORING THE ARTS: Thursdays, Sept. 28, Oct. 26, Nov. no group, Dec. 28, 5-7pm, Free. Join us for a night of exploring and self-expression through the ARTS! **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

HOLIDAY DINNER SOCIAL: Thursday, November 16, 5:30-7:30pm. We welcome families to our annual dinner social and slideshow. **Location:** Leominster Veteran's Center, 100 West St., Leominster. **Registration:** Contact Kathy, kblack@sevenhills.org.

MOMS ON THE MOVE: Thursdays, TBA. This is a platform for moms to get together to support each other. **Registration:** Contact Kathy, kblack@sevenhills.org.

INHOUSE MOVIE: Fridays, Sept. 8, Oct. 6, 6-9pm. Ages 16+, Free. Enjoy a night out for fun and a movie! **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

DOWN SYNDROME SOCIAL: Saturdays, Sept. 9, Oct. 7, 10am-Noon. All ages, Free. For friends and family members who have a loved one with Down syndrome, this is the social for you. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

GIRL'S GROUP: Saturdays, Sept. 9, Oct. 7, Nov. 11, 10am-Noon. \$25. Girls hanging out and building social skills, budgeting, fashion, and having fun! **Location:** Whitney Field Mall, 199 Commercial Road, Leominster. **Registration:** Contact Kathy, kblack@sevenhills.org.

FAMILY FUN AT RED APPLE FARM: Saturday, September 23, 1-4pm, Free. Bring the family and enjoy fun on the farm! **Location:** 455 Highland Ave., Phillipston. **Registration:** Contact Kathy, kblack@sevenhills.org.

■ IN-PERSON EVENTS 🍷 (CONTINUED)

FAMILY FUN AT THE MOVIES: Saturday, November 4, 1-4pm, Free. Bring family and friends to meet us at the movies! Enjoy the show with pizza and popcorn! **Location:** Cinema World, 476 John Fitch Highway, Fitchburg. **Registration:** Contact Kathy, kblack@sevenhills.org.

PANCAKES WITH SANTA: Saturday, December 9, 10am-Noon. Holiday fun for the family! Pose for pictures with Santa, sing Christmas carols, and enjoy pancakes. **Location:** Elks Lodge #1426, 31 Park St., Gardner. **Registration:** Contact Kathy, kblack@sevenhills.org.

■ VIRTUAL EVENTS 📺 (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

SELF ADVOCATES: Tuesdays, Sept. 5, 12, 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7, 14, 21, 28; Dec. 5, 12, 19; 10-11am, Free. Learn how to advocate for your beliefs and goals. **Registration:** Contact Kathy Black, kblack@sevenhills.org. bit.ly/NC-SelfAd

LUNCH BUNCH: Wednesdays, Sept. 6, 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8, 15, 22, 29; Dec. 6, 13, 20; Noon. Hang out with friends and chat about current events and share your talents and jokes. **Registration:** Contact Kathy Black, kblack@sevenhills.org. bit.ly/ZOOM-LunchBunch

LUNCH BUNCH: FRIENDSHIP CIRCLE: Wednesdays, Sept. 13, Oct. 11, Nov. 8, Dec. 13, Noon-1pm, Free. Allison from Successfully Social will teach this group fun ideas to practice skills to be a good friend and keep meaningful relationships. **Registration:** Contact Kathy Black, kblack@sevenhills.org. bit.ly/ZOOM-LunchBunch

GET IN ON THE ACTION



AS A COACH OR VOLUNTEER

Impact an individual, a team, a season!
Contact Bradley Ayotte, 508.796.1861, bayotte@sevenhills.org.

THANK YOU FOR YOUR SUPPORT!



Seven Hills is profoundly grateful for your unwavering connection to the people we support and the New Beginnings they experience because of you. The activities listed in PRIDE are made possible, in part, through the golfers, sponsors, donors, and volunteers, who have made New Beginnings a success for 35 years!



SOUTH VALLEY FSC EVENTS

■ IN-PERSON EVENTS (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

COUNTRY LINE DANCING WITH RHONDA: Mondays, 9/11, 9/18, 9/25, 10/2, 10/16, 10/23, 5-6:30pm. \$5 per session. Dust off your boots, hats, and get ready to boogie. Country attire is encouraged. Snacks available for purchase. **Location:** Hayloft Steppers Barn, 232 Podunk Rd., Sturbridge. **Registration:** Contact Jayne, jbowler@sevenhills.org.

PARENT MEET-UP GROUP: Mondays, weekly. This group is held **ONLY** when Monday night activities take place at our Center, 5-6:30pm, Free. Join us for an informal Parent Group to discuss your successes and concerns. **Location:** SVFSC.

HALLOWEEN HOE DOWN: Monday, October 30, 5-6:30pm, \$5. Celebrate Halloween in country style! Family friendly costumes that you can dance in are encouraged, but no masks please! **Location:** Hayloft Steppers Barn, 232 Podunk Rd., Sturbridge. **Registration:** Contact Jayne, jbowler@sevenhills.org. Space is limited.

MUSICAL BINGO: Mondays, 11/6, 11/13, 11/20, 11/27, 5-6:30pm. Free. This is a fun and exciting take on the classic game of Bingo, with songs instead of numbers on your Bingo card. **Location:** SVFSC **Registration:** Contact Noel, ngrajales@sevenhills.org. Space is limited. This is not a drop-off event. Caregivers must stay on the premises.

STUMP THE STAFF: Mondays, 12/4, 12/11, 5-6:30pm, Free. Join our in-person game show where our staff members compete against each other! You can either help the staff or trick them with pop culture trivia questions. **Location:** SVFSC. **Registration:** Contact Noel, ngrajales@sevenhills.org. Space is limited.

BRIGHT NIGHTS MEETUP: Monday, 12/18, 5:30pm, weather permitting. Meet us at the Center for a beautiful ride to Bright Nights! **Location:** SVFSC. **Registration:** Contact Noel, ngrajales@sevenhills.org. Space is very limited.

COFFEE IN THE COMMUNITY: Thursdays, 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 11/30, 12/14, 12/21, 10am, Free. A social focusing on building care in the community for parents, providers, and caregivers. Share information and more. **Location:** Cedar Street Cafe, 420 Main St., Sturbridge. **No registration required.** **Contact:** Jayne, jbowler@sevenhills.org.

CLAYTIME MEETUP: Thursday, September 14, 6-8pm. **Must purchase own craft.** Join us in Shrewsbury to make a fun craft with your friends! **Location:** Claytime, Shrewsbury. **Registration:** Contact Noel, ngrajales@sevenhills.org. Space is very limited; this is not a drop-off activity.

CASINO NIGHT: Thursday, November 9, 5-7pm, Free. Join us for some high-stakes fun with card games, roulette wheel, etc. **Location:** SVFSC. **Registration:** Contact Noel, ngrajales@sevenhills.org.

MEETUP: WEST END CREAMERY: Saturday, Oct. 14, 1-3pm. **Cost: You must purchase admission, food, & activities.** Meet at the Corn Maze for family fun! **Location:** 481 Purgatory Rd., Whitinsville. **Registration:** Contact Noel, ngrajales@sevenhills.org.

WOODWORKING WITH RICK AND JUDY: Saturdays, 9/23, 10/21, 11/18, 12/9, 1/13, 10am, \$25. Enjoy a fun and challenging woodworking craft. **Location:** SVFSC. **Registration:** Contact Jayne, jbowler@sevenhills.org. Space is limited.

ANNUAL HOLIDAY BASH! Saturday, December 9, 4-8pm, Free. Our FANTASTIC annual Holiday Bash features music with Mike Leo, treats, a fun activity, and holiday movie. Wear your ugliest/creative holiday attire for a chance to win a prize! **Location:** Hayloft Steppers Barn, 232 Podunk Rd., Sturbridge. **RSVP:** Contact Jayne, jbowler@sevenhills.org.

VIRTUAL EVENTS (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

MONDAY FUNDAY WITH JAYNE: 9/11, 9/25, 10/16, 10/30, 11/13, 11/27, 12/11, 12/18, 3-4pm, Ages 16+.
“Mad, Madder & Maddest Mad Libs!” Silly stories & fun with friends, our themes will include Fall ‘Yall, Spooktacular, Turkey Day, and a Jolly Holiday. **For more information:** Contact Jayne, jbowler@sevenhills.org. bit.ly/SV-MondayFun

MONDAY FUNDAY WITH SPECIAL GUEST MIKE LEO & HIS UNIQUE RHYTHMS: 9/25, 10/30, 11/27, 3-4pm. Mike’s back with his unique rhythms! For the new fall season, we will focus on Art, Music, and a little creative writing. **For more information:** Contact Jayne, jbowler@sevenhills.org. bit.ly/SV-MondayFun

SOUTH VALLEY KICKBACK: Tuesdays, weekly, 3:30-5:30pm. Come hang out with Noel and other friends online. Conversation topics are up to you. We will be discussing other groups and activities going on. Feel free to jump in as you like. **For more information:** Contact Noel, ngrajales@sevenhills.org. bit.ly/ZOOM-SVKickback

ANIMATED MOVIE NIGHT: Tuesdays, weekly until December 19, 6pm, Free. Join your friends to watch a movie followed by discussion. **Registration:** Contact Noel, ngrajales@sevenhills.org. bit.ly/ZOOM-MovieClub

MARVEL VS DC: Wednesdays, weekly, 6-7:30pm, Free. If you love super heroes, join us for a fun trivia night featuring short clips, comic book culture, and good friends! **Contact:** Noel, ngrajales@sevenhills.org. bit.ly/ZOOM-MarvelvsDC


BRAVE YOGA: Wednesdays, monthly, 9/20, 10/18, 11/15, 12/20, 7:30pm, Ages 14+, Free. Lisa Irvine runs a fun, friendly introduction to Yoga. Our fully adaptive session includes warm up, breathing and mindfulness, yoga poses, and a relaxing power down. **Contact:** Jayne, jbowler@sevenhills.org for registration details. bit.ly/SV-BraveYoga


GIRLS ALOUD: Thursdays, 9/14, 10/12, 11/9, 12/7; Bake Days on 9/28, 10/26, 11/16, 12/21, 3:30-4:30pm. Build friendships through music, arts, baking, and more. We will continue to build our Girls Aloud Recipe Book and our Bake Days feature Apple Bread Pudding in Sept., Pumpkin Bread in Oct., Cranberry Bars in Nov., and Holiday Pretzel Hugs in Dec. Recipes will be sent 1 week prior; gluten-free options will be available. Follow along at home! bit.ly/SV-GirlsAloud


ANIME CLUB: 2nd & 3rd Friday each month, 4-6pm. Watch classic and modern anime movies. We will discuss shows and manga to include all interests. **Contact:** Noel, ngrajales@sevenhills.org. bit.ly/ZOOM-Anime

IT’S A WRAP: Fridays, 9/8, 9/15, 9/22, 9/29, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15, 12/22, 2-3pm. Wrap up the week discussing weekend plans, ending with Jeopardy! **Contact:** Jayne, jbowler@sevenhills.org. bit.ly/ZOOM-ItsAWrap

ASD-ONLY EVENTS (REGISTRATION IS REQUIRED, SPACE IS LIMITED) EXCLUSIVELY FOR INDIVIDUALS ON THE AUTISM SPECTRUM.

 **TERRIFIC TUESDAY TRIVIA:** 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28, 12/5, 12/12, 12/19, 12/26, 2-3pm, Free. Join us for some trivia fun! **Registration is required to get the link:** Contact Noel, ngrajales@sevenhills.org.

 **DUNGEONS & DRAGONS (D&D) CLUB:** Thursdays, 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7, 12/21, 6:30-8:30pm, Ages 16+, Free. Role-play this classic game with a real Dungeon Master! Pizza will be served. **Location:** SVFSC. **Registration Required to get the link:** Contact Jodie, jkrueger@sevenhills.org.

 **LEGO CLUB:** Thursdays, 9/28, 10/26, 11/30, 12/28, 6-7:30pm, Free. All supplies available to make amazing creations during Lego free play! **Location:** SVFSC. **Registration:** Contact Jodie, jkrueger@sevenhills.org. Space is very limited.

GREATER LOWELL FSC EVENTS

7 Technology Dr., Ste. 103, Chelmsford, MA • **Contact:** Sandra Tineo, 978.560.5751, STineo@sevenhills.org.

■ IN-PERSON EVENTS (REGISTRATION AS NOTED)

CAREGIVER COFFEE HOUR: Mondays, biweekly, Sept. 11, 25; Oct. 9, 23; Nov. 13, 20; Dec. 11 (just one meeting in Dec.); 9:30-10:30am, Free. Informal support meeting/community get together for all caregivers. **Location:** TBD. **Contact** Kim Guy, kguy@sevenhills.org.

FUN TUESDAY: Weekly, Sept. 5, 12, 19, 26; Oct. 3, 10, 17, 24 (no 31st); Nov. 7, 14, (no 21st), 28; Dec. 5, 12, 19 (no 26th); 5-6:30pm, Ages 18+, Free. Weekly activities with our Support Center staff to promote friendship, social skills, and fun. **Location:** GLFSC.

PARENT NETWORKING: Tuesdays, weekly, Sept. 5, 12, 19, 26; Oct. 3, 10, 17, 24 (no 31st); Nov. 7, 14, 21, 28; Dec. 5, 12, 19 (no 26th); 5-6:30pm, Free. Parents and caregivers, this is a great space to come together to ask questions, address concerns, and learn about information and resources for your family. **Location:** GLFSC.

FAMILY OUTDOOR MOVIE: Friday, December 1, 6-9pm (approximate), Free. Drive-in Movie presentation as we enjoy snacks and a good time with friends. **Location:** GLFSC.

CHUNKY'S CINEMA OUTING: Saturday, October 28, 11am-2pm, Free. We will present a seasonal movie, covering the cost of tickets for the entire family and friends! Families can buy their own meals from Chunky's menu. **Location:** Chunky's Cinema, 151 Colesium Ave., Nashua, NH.

HOLIDAY CRAFT: Saturday, November 4, 9-11am, Free. Create a holiday card or simple craft for a loved one this holiday season. All materials and a light snack provided. **Location:** GLFSC.

■ VIRTUAL EVENTS

MARVEL VS DC: Wednesdays, weekly, Sept. 6, 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8, 15, 29 (no 22nd), Dec. 6, 13, 20 (no 27th); 6-7:30pm. If you love Super Heroes, then join us for a fun trivia night with short clips, comic book culture, and good friends! bit.ly/ZOOM-MarvelvsDC

JUST FOR FUN: Saturday, September 9, October 7, November 4, December 2, 10-11am. This social group shares stories, weekly events, a time to reflect, and good laughs, too. bit.ly/ZOOM-JustForFun

**Stay
Social
and
Stay
Up to
Date!**

FSC and Rec information is changing daily, so remember to check out our Facebook Page and Events Calendar as well as your email inbox for ecommunications on upcoming events!

Facebook Page: facebook.com/SHFFamilySupportCenters
Events Calendar: sevenhills.org/whats-happening/calendar



NORTH QUABBIN FSC EVENTS

2280 Main St., Athol, MA • Contact: Tonya Lanpher, 413.418.8702, tlanpher@sevenhills.org.

■ IN-PERSON EVENTS(REGISTRATION AS NOTED)

MONDAY SOCIAL WITH FRIENDS: 9/11, 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18, 5-6pm, Free. Join us for a night of activities with friends, alternating game night, movie night, and music night. Light refreshments will be served. **Location:** NQFSC.

PARENT SUPPORT GROUP: Mondays, 9/11, 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18, 5-6pm, Free. Parents with children of all ages with special needs can join us to discuss community resources for day-to-day needs and trainings for help with IEPs, Transition, Social Security, Guardianship, and more. Your child can join our Monday Social with Friends, above, at the same time! Light refreshments will be served. **Location:** NQFSC.

SKILLS AND CHILL GROUP: Thursday, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14, 4:30-5:30pm, Free. Make meaningful friendships and support one another as we learn life skills and activities of daily living. Topics include pre-vocational skills, budgeting, time management, organization, internet safety, healthy relationships, consent, and so much more. Everyone who attends all 6 weeks will receive a certificate of completion and celebrate at our graduation party. **Location:** NQFSC. **Registration is required:** Contact Carole Norton, cnorton@sevenhills.org or 508-801-1648.

APPLE PICKING: Thursday, September 28, 4-6pm, \$5/person; scholarships available. Let's gather at Red Apple Farm for everyone's favorite fall activity, apple picking! **Location:** 455 Highland Ave., Phillipston. **Registration is required:** Contact Tonya Lanpher at tlanpher@sevenhills.org or 413-418-8702.

BOWLING GROUP: Thursdays, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 4:30-6pm, \$5/week; scholarships available. Join us for 6 weeks of Candlepin bowling at Brian's Bowlaway. **Location:** 123 Main St., Gardner. **Registration is required:** Contact Penny Boutin, pboutin@sevenhills.org or 508-816-2057.

WALKING CLUB: Saturdays, 9/9, 9/16, 9/23, 9/30, 9-10am. Join friends for walking and conversation at the Athol High School track. All families are welcome. Please be sure that individuals attend with a caregiver. **Location:** Athol High School, 2364 Main St., Athol.

HOLIDAY AROUND THE WORLD PARTY: Sunday, December 3, 4-6:30pm, Free. See Santa and learn other winter traditions at this family event that includes a catered dinner, holiday music, games, and activities. You won't want to miss this! Optional: Bring a side dish or dessert from your family's holiday tradition to share. **Location:** Athol American Legion, 325 Pequog Ave., Athol. **Registration is required:** Contact Tonya Lanpher at tlanpher@sevenhills.org or 413-418-8702.

■ VIRTUAL EVENTS

WRESTLING CLUB: Mondays, 9/11, 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18, 7-8pm, Free. Our friend Kevin invites wrestling fans to discuss favorite wrestling moments, watch matches, and test your knowledge with wrestling trivia. **No registration required.** bit.ly/ZOOM-Wrestling

Pride

Fall 2023: What's Inside:

A Publication of the Seven Hills Family Services Family Support Centers

The Healing Power of Creative Minds in Brain Injury Recovery,
FSC Directory, Transition Trainings, Recreation Department
Happenings, Regional Family Support Center Events, and more!



PRIDE Fall 2023

PRIDE is a newsletter published by the Seven Hills Family Services Family Support Centers. Please direct all content requests, comments, and questions to:

Gina Bernard
Assistant Vice President
Seven Hills Family Services
gbernard1@sevenhills.org

210 Lincoln Street
Worcester, MA 01605
508.796.1850 **T**
508.849.3898 **F**

Dr. Kathleen Jordan
President/CEO
Seven Hills Foundation

sevenhills.org



JOIN **OUR** TEAM!

Why Seven Hills?

**"Every day I get to do something I love
and make an impact on people's lives."**

Apply Online: sevenhills.org/careers

