



Pride

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES
MAKING COMMUNITY CONNECTIONS

Spring 2024

A Season of Perseverance, Pride—and Fun!—on the Court

The Special Olympics Massachusetts Basketball season wrapped up at the State Games on April 7, with three Seven Hills teams represented and finishing with style and pride.



The Panthers shine their silver with Pride

The Seven Hills Panthers Unified team played a tough first game against the Shrewsbury Pioneers at St. Mark's School in Southborough, losing by just one point. The Panthers took command with a win in the second game against the north central Mass Marauders, ending their season with a silver medal. Volunteer coaches Steve Janulewicz and Dale Ellis led the team with an emphasis on developing skills while having fun and building friendships. In their seventh year with the program, the coaches exemplify remarkable dedication and spread their infectious positivity up and down the court.



The Coyotes glow for the gold with Pride

At Babson College, the Seven Hills Coyotes Unified team brought home the gold medal for the second consecutive year! Defeating teams from Belmont and Hockomock, the Coyotes dominated the court with confidence while demonstrating exemplary sportsmanship. This team fueled their perseverance to the top with camaraderie and commitment. For over 10 years, Coach Kevin Heman has dedicated his time, expertise, and enthusiasm—even recruiting daughter, Coach Kelcy—to the Seven Hills Community Connections sports program.

New to the roster this year, the Seven Hills Scorpions competed as a traditional team with all athletes from our Fitchburg Family Resource Center on the floor at Weston High School. David Burke and Kevin Libby coached the team through a win and a loss and took home the silver medal.



The Scorpions' smiles for the silver sparkle with Pride

The 14 athletes and their coaches marked an incredible first year together and ended the tournament with pride in their accomplishments. The season was such a positive experience, that all players reported they will return to the sport in 2025!

The Skills and Drills group gained experience each Sunday at Worcester State University. This well-attended activity was possible due to the volunteer coaching of Kevin Donovan, and Maura and Chris Eldridge. The athletes improved their basketball and team-building skills while making new friends and scoring heaps—and boundless leaps—of fun.

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

Jayne Bowler, Regional Rejuvenate Manager (RCR), jbowler@sevenhills.org

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Sarah Khan, Administrative Assistant
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dricketts@sevenhills.org

Amber Wongbay, Agency with Choice
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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
978.602.8807

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

Gina Bernard, gbernard1@sevenhills.org

Information Reminder

For **in-person events**, masks and social distancing are recommended. **Virtual events** may be attended outside 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 geographic region. For questions, please contact our Family Support Transition Specialists, Malissa Wilson, mwilson@sevenhills.org or Cheri Brown, cbrown@sevenhills.org.

SELF-DETERMINATION & INFORMED CHOICE W/ PAT CARNEY PART 2: Monday, May 20, Noon.

Pat Carney is the Director of the Office for Learning and Development with DDS Central/West Region. With over 40 years of dedicated experience working with individuals with IDD, Pat brings a wealth of knowledge and expertise to the table.

Registration: Please contact Cheri at cbrown@sevenhills.org; link will follow.

TRANSITION TRAINING WITH REBECCA DAVIS: Prerecorded training! Monday, August 19, Noon.

Rebecca Davis, Transition Projects Director at the Federation for Children with Special Needs, provides high-level information on the Transition process and how best to prepare. **Registration:** Please contact Cheri at cbrown@sevenhills.org; link will follow.

All-Access, All the Time: Our Online 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. Check them out, then check them off the list!

- Zoom 101: A Basic Tutorial
- Anxiety Training with Brendan Mahan, M.Ed, M.S.
- Charting the Lifecourse with Maryann Welch, February 22, 2022
- Charting the LifeCourse Training 2
- Self Directing Your Supports – Charting the LifeCourse
- Self-Direction Training with Pam Hickey
- Supported Decision Making with Fred Misilo
- "In My Own Words: A Self-Advocate Presentation" Presented Live: September 26, 2022
- IEP Training with Rob Terreden
- Understanding the IEP and Advocating For Your Loved One
- Safety and the IEP: Advocacy, Goals, and Being Prepared Training
- Guardianship and Alternatives Training
- Healthcare Proxy Versus Guardianship
- A Guide to The Differences: Guardianship, Healthcare Proxy & Power of Attorney
- The Power of Healthcare Proxy with Betsy Johnson
- Transition Training with Rebecca Davis
- Transition from School to Adult Life: Using the IEP To Create Success
- Transition Information Fair
- RCAP Loan Modification and Section 8
- Social Security Training with Sabrina Feliciano
- Estate Planning With Tom Alessi and Craig Richardson
- Planning for Two Generations Transition Training
- Home Modification Loan Training with Ashur Gurbuz, April 26, 2022
- Housing Training with Marcia Brennan
- Healthcare For All and My Ombudsman Training 8/29/2022
- Healthcare Rights for Immigrants/Derechos de Salud Para Los Inmigrantes
- Healthy Sexuality and Relationships training presented by Patricia Carney

RECREATION DEPARTMENT HAPPENINGS

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

SUMMER FUN WITH PURPOSE: Monday-Thursday, July 8-11, July 15-18, July 29-Aug.1, & Aug. 5-8; 9am-2pm. \$100/wk. Sign up for all 4 weeks and get a 10% discount! Ages 22-26. This dynamic 4-week program revolves around social opportunities, healthy relationships, self-awareness, confidence, and advocacy through skill-building activities. **Location:** Stearns Tavern, 140 Mill St., Worcester. **Space is limited; Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.

S.O. BOCCIE: Tuesday practices, matches TBD. June – Aug., 6-7:30pm, \$25 donation. This group provides positive social interaction, mindfulness, an active lifestyle, and helps build self-confidence. Stroll your way down the court with us. **Location:** Italian American Victory Club, 26 Dewey St., Shrewsbury. **Space is limited; Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.

S.O. SOFTBALL: Thursday practices, games TBD. June – Aug., 6-7:30pm, \$25 donation. This sport is great for team building, physical activity, and making memories. The crack of the bat drives cheers while hustle and play-making encourage others to succeed. Grab a glove, a pair of cleats, and join the fun of America's past-time. **Location:** Multiple Worcester area locations. **Space is limited, Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.

S.O. GOLF: Thursday practices, matches TBD. June – Aug., 5-8pm, \$50 donation. The lush grass, a casual walk through a park, and the little white ball. Master your skills from tee to green with us. We provide 9-hole practice rounds for our competitive golfers. A commitment to the season is required. **Location:** Highfields Golf & Country Club, 42 Magill Dr., Grafton. **Space is limited; Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.

GOLF SKILLS AND DRILLS: Thursdays, June – Aug., 6-7pm, \$25 donation. Join this recreational (non-competitive) group of athletes on the driving range and putting green to learn the game of golf. **Location:** Highfields Golf & Country Club, 42 Magill Dr., Grafton. **Space is limited; Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.

JAM SESSION MEET-UP: Friday, May 31, 6-7:30pm, Free. An in-person Jam Session. This meetup is all about the music! Karaoke, impromptu jam session, and trying out instruments we may have never picked up before. **Location:** ASPIRE!, 150 Goddard Memorial Drive, Worcester. **Pre-registration:** Contact Noreen Alves, noalves@sevenhills.org.

Funded by The Statewide Head Injury Program (SHIP), a program of MassAbility (formerly Massachusetts Rehabilitation Commission).

JUST US WOMEN: One Friday per month from Sept. '24 – May '25. 6:30-8:30pm. \$300/year. Just Us Women is designed to create friendships while learning about important topics and enjoying each other's company during dinner. The group's interests drive the event-planning and topics such as self-determination, goal-setting, healthy relationships, personal wellness, and community engagement. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Pre-registration:** Contact Noreen Alves, noalves@sevenhills.org. *Limited space available. A commitment to the year is required. Open enrollment begins July 11.*

JUST US GIRLS: Two Saturdays per month from Sept. '24 to May '25. Ages 10-14, 10am-12pm. Ages 15-19, 1-3pm. \$50/year, due at signup. Skills development for adolescent girls interested in creating friendships while learning self-awareness, self-determination, goal-setting, personal health/safety, encouraging healthy behaviors/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:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Pre-registration:** Contact Noreen Alves, noalves@sevenhills.org. *Limited space is available. A commitment to the year is required. Open enrollment begins July 11. The program is funded by United Way of Central MA Women's Initiative and DCU for Kids.*

S.O. SOCCER: Sunday practices, games TBD. Aug. – Nov., 10:30am-12pm, \$25 donation. Promoting health and wellness, soccer teaches team play and builds friendships. We offer multiple levels of competitive team play. **Location:** Worcester Parks, TBD. **Space is limited; Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.



JUST US GIRLS

Two Saturdays/month from Sept. 2024–May 2025
Ages 10-14, 10am-12pm • 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 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: ASPIRE!, 150 Goddard Memorial Dr., Worcester.

To Register: Contact Noreen Alves, noalves@sevenhills.org. A commitment to the entire year is required.

Funded by United Way of Central MA Women's Initiative and DCU for Kids.



CREATIVITY & CONNECTIONS

CREATIVE MINDS AT WAM

Every 2nd Saturday, Sept. 14, 2024-June 14, 2025
10am-Noon, 18+ with ABI/TBI

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

Three outings are being planned; dates TBA.

VIRTUAL JAM SESSIONS

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

CONTACT

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

Funded by The Statewide Head Injury Program (SHIP), a program of MassAbility (formerly Massachusetts Rehabilitation Commission).

S.O. FLAG FOOTBALL: Sunday practices, games TBD. Aug. – Nov., 10am-12pm, \$25 donation. Our 2024 SOMA State Unified Flag Football team is now expanding. If you have gridiron in your blood, eat pigskin for breakfast, or sweat for one true reason, FOOTBALL, we want you! Join us for a team journey of personal growth, fun, and friendships. **Location:** Worcester Parks, TBD. **Space is limited, Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.

FLAG FOOTBALL SKILLS AND DRILLS: Sunday practices, Aug. – Nov., 10am-12pm, \$25 donation. In connection with our Unified team, this non-travel option is for those who want to learn how to play flag football, fun included! **Location:** Worcester Parks, TBD. **Space is limited; Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.

S.O. AQUATICS: Sunday practices, meets TBD by S.O. March – June, 1:30-2:30pm, \$50 donation. Currently in progress. Athletes perfect skills to reach new goals on this S.O. traditional competitive swim team. Requires commitment to weekly practices, assessment rounds, and competitions set by SOMA. Pool space is limited so attendance is 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 year's team members. **Location:** Clark University, 57 Downing St., Worcester. **Space is limited; Pre-registration is required:** Contact Noreen Alves, noalves@sevenhills.org.

■ VIRTUAL EVENTS (REGISTRATION IS REQUIRED; SPACE IS LIMITED)

CREATIVE MINDS VIRTUAL JAM SESSIONS: Last Wednesday of each month, 6-7pm, with Music Teacher Lauren Carey. **Registration:** Contact Noreen Alves, noalves@sevenhills.org. *Funded by The Statewide Head Injury Program (SHIP), a program of MassAbility (formerly Massachusetts Rehabilitation Commission)*

NORTH CENTRAL FSC EVENTS

1460 John Fitch Highway, Fitchburg, MA • 978.632.4322

Contact: Kathy Black, 978.602.8697, kblack@sevenhills.org or Joe Escribano, jescribano@sevenhills.org

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

COMMUNITY COFFEE TALK: Wednesdays, May 1, 22; June 5, 26; 2-3pm. Join the navigators from Seven Hills and ask questions, collect resources, meet other parents, relax a few. **Location:** Identity Coffee Co., 35 Main Street, Fitchburg. **Registration:** Contact Kathy, kblack@sevenhills.org.

IEP CHECK IN: Thursdays, May 2nd, June 6th, 5-7pm, Free. Meet Dina Hammad, IEP Specialist, and ask questions, discuss concerns, and discover resources regarding your child's IEP. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

TRANSITION TALKS WITH MALISSA: Thursdays, third Thursday of each month, 5-7pm. Join Family Support Transition Specialist Malissa Wilson for monthly discussions about Transition. **Location:** NCFSC. **For more information:** Contact Kathy, kblack@sevenhills.org.

THURSDAY SOCIAL: QUICK COOKING TIPS: Thursdays, May 2nd, June 6th, 5-7pm, Free. Hang out and learn some quick kitchen tips and simple recipes. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

THURSDAY SOCIAL: GAME NIGHT: Thursdays, May 9th, June 13th, 5-7pm, Free. Come hang out and play various games with friends. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

THURSDAY SOCIAL: EXPLORING THE ARTS: Thursday, May 16, 5-7pm, Free. Join us for a night of exploring and expressing yourself through the ARTS. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

THURSDAY SOCIAL: TRIVIA TWISTERS: Thursday, May 23rd, 5-7pm, Free. Fun questions from all things possible. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

IN-HOUSE MOVIE: Fridays, May 10th, June 14th, July 12th, 5:30-8:30pm, Ages 16+, Free. Friends can enjoy a night out for fun and a movie. **Location:** NCFSC. **Registration is required:** Contact Kathy, kblack@sevenhills.org.

EARTH DAY PICNIC AND PICK UP: Saturday, April 27th, 1-3pm, Free. Help us clean up Coolidge Park then reward ourselves with a picnic in celebration of Earth Day. **Location:** Coolidge Park, 826 John Fitch Highway, Fitchburg. **Registration:** Contact Kathy, kblack@sevenhills.org.



Hanging with friends at our Thursday Social

DOWN SYNDROME SOCIAL: Saturdays, May 4th, June 1st, 10am-Noon. Free. A social for all ages with families who have a loved one with Down syndrome. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

GIRLS SOCIAL: Saturdays, May 4, 11, 18, 25; June 1, 8, 15, 22, 29; 10am-Noon. Ages 18+, \$25. Small group of young ladies who meet up and talk about girl stuff, current events, social skills, and more. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

■ **VIRTUAL EVENTS** (CONTINUED)

SELF-ADVOCATES: Tuesdays, May 7, 14, 21, 28; June 4, 11, 18, 25; July 9, 16, 23, 30; Aug. 6, 13, 20, 27; 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, May 8, 15, 22, 29; June 5, 12, 26; July 10, 17, 24; Aug. 7, 14, 21, 28; Noon-1pm. 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, May 8, June 5, 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

SAFE SPACE: Thursdays, 5/2, 6/6, 7/11, 6-7:30pm, Ages 16-25. Three sessions: Two virtual; the final session will be in person at a location TBD. This new group is for individuals who identify as LGBTQIA+ or who are questioning. Clinician-led, lots of great info, resources, and discussions! Join us at our center and zoom in together, or from home. **Registration is required to get the Zoom link:** Contact Kathy, kblack@sevenhills.org. Link to follow registration.

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

ASD HANG NIGHT SKILLS AND CHILL: Fridays, May 3rd, June 7th, 5-7pm, Ages 20+, Free. Come hang out, meet new friends, and play video games. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.



GET IN ON THE ACTION

AS A COACH OR VOLUNTEER

Impact an individual, a team, a season!
Contact Noreen Alves, 774.688.4095, noalves@sevenhills.org.

SOUTH VALLEY FSC EVENTS

208 Charlton Road, Sturbridge, MA, 774.241.2500 • **Contact:** Jayne Bowler, 774.241.2505, jbowler@sevenhills.org or Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org

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

MOVIES WITH MESSAGE: Mondays, 5/6, 5/13, 5/20, 5-7pm, Free. Hang out and watch some fun and interesting movies that cover some serious topics like grief, bullying etc. Everything will be PG13. All caregivers must remain on the premises. **Location:** SVFSC. **Space is limited; Registration is Required:** Contact Noel at ngrajales@sevenhills.org.

PARENT MEET-UP GROUP: Mondays, weekly, when Activity Nights are held at the SVFSC, 5-6:30pm, Free. Join us for an informal discussion about your successes and concerns. Held during our Activity Nights at the Center **Location:** SVFSC.

SOAK THE STAFF: Mondays, 6/3, 6/10, 6/17, 6/24, 5-6:30pm, Free. Cool off at our in-person game show where members of the staff compete against each other to see who knows us best! Wrong answers may get you soaked, so be sure not to sit in the splash zone! Weather permitting. **Location:** SVFSC. **Space is limited; Registration is Required:** Contact Noel at ngrajales@sevenhills.org.

CORNHOLE: Mondays, 6-week session: 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 5-6:30pm, Free. Join us for some fun at our weekly cornhole games! Play with a team, a friend, or perfect your skills on your own. Weather permitting. **Location:** SVFSC: **Space is limited; Registration is Required:** Contact Noel at ngrajales@sevenhills.org.

CRAFTY FRIENDS GROUP: Tuesday, 5/14, 5-6:30pm, Free. Join our newest support specialist, Paige, for a night of crafty fun! Paige will help guide a few projects including friendship bracelets, beading, painting a tumbler, etc. If you'd like to bring your own ideas and supplies, that is welcomed, too! **Location:** SVFSC. **Space is limited; Registration is Required:** Contact Paige at pwillard@sevenhills.org.

GREEN THUMB GROUP: Wednesday, 6/12, 6-7:30pm. Fun new group for those interested in getting their hands dirty! Our experienced home gardener, Lisa, will show you how to start plants from cuttings, how to keep them alive, and how different plants can benefit our health! **Location:** SVFSC. **Space and supplies are limited; Registration is Required:** Contact Lisa at lmorgan@sevenhills.org.

COFFEE IN THE COMMUNITY: Thursdays, 5/2, 5/16, 5/30, 6/13, 6/27, 7/11, 7/25, 8/8, 8/22, 10am. Our biweekly social gathering for parents, providers, and caregivers to meet and share information, coping skills, and general discussion. This group focuses on building care in the community. All are welcome; no registration is required. **Location:** Cedar Street Cafe, 420 Main St., Sturbridge. **For more information:** Contact Jayne at jbowler@sevenhills.org.

BOYS 2 MEN: Thursdays, 5/9; 6/13; 7/11; 8/8; 6:30-8pm, Ages 18-30. Join our new group for young men to enjoy games, discussions, and dinner! Topics will include navigating relationships, social media safety, personal care, healthy eating, etc. **Location:** SVFSC. **Space is limited; Registration is Required:** Contact Jodie at jkrueger@sevenhills.org.

LEGO CLUB: Thursdays, 5/30; 6/27; 7/25; 8/29; 6-7:30pm, All Ages, All Abilities, Free. Join us for a fun night of Lego free play! All the supplies are here to make some amazing creations! **Location:** SVFSC. **Space is limited; Registration is Required:** Contact Jodie at jkrueger@sevenhills.org.

WOODWORKING WITH RICK AND JUDY: Saturdays, 5/18, 6/22, 7/20, 8/24, 10am. Join us at the Center for a fun and challenging woodworking craft with our friends Rick and Judy West. **Location:** SVFSC. **Space is limited; Registration is Required:** Contact Jayne at jbowler@sevenhills.org.

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

MONDAY FUNDAY WITH MIKE LEO & HIS UNIQUE RHYTHMS: Mondays, 5/6, 6/3, 7/1, 8/5, 3-4pm. Join us for a fun and interactive music experience with Mike Leo. During each session, we will explore different music genres through art & creative writing. Please bring paper & pencils to each session! **Registration is Required:** Contact Jayne at jbowler@sevenhills.org. bit.ly/SV-MondayFun

SV 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. bit.ly/ZOOM-SVKickback

ANIMATED MOVIE NIGHT: Tuesdays, weekly, 6pm, Free. Join your friends to watch a movie with a discussion afterward. **Contact:** Noel at ngrajales@sevenhills.org. bit.ly/ZOOM-MovieClub

BRAVE YOGA: Wednesdays, 5/15, 6/12, 7/17, 8/14, 7:30pm, Ages 14+, Free. Lisa Irvine will be back once a month through the summer for Brave Yoga! Lisa runs a fun, friendly introduction to Yoga. Our session includes warm up, breathing and mindfulness, yoga poses, and a relaxing power down, perfect for the end of the day. Our class is fully adaptive. **Contact:** Jayne at jbowler@sevenhills.org for registration details. bit.ly/ZOOM-BraveYoga

SAFE SPACE: Thursdays, monthly, 5/2, 6/6, 7/11, 6-7:30pm, Ages 16-25, Free. Three sessions: Two virtual; the final session will be in person at a location TBD. This new group is for individuals who identify as LGBTQIA+ or who are questioning. Clinician-led, lots of great info, resources, and discussions! Join us at our center and zoom in together, or from home. **Registration is required to get the Zoom link:** Contact Cheri at cbrown@sevenhills.org. Link to follow registration.

GIRLS ALOUD: Thursdays, 5/30, 6/27, 7/25, 8/29, 3:30pm, Ages 16+. Join us for our monthly girls group, focusing on building friendships through music, arts, baking, and other fun activities. We will continue to build our Girls Aloud Recipe Book led by the Great British Baker, Jayne! Follow along at home. **For more information:** Contact Jayne at jbowler@sevenhills.org. bit.ly/SV-GirlsAloud



SUMMER SMASH DIGITAL DANCE PARTY!: Thursdays, 6/27, 8/29, 6-7:30pm. Enjoy dancing and singing on zoom with your Seven Hills friends! **Register with Noel for the link:** ngrajales@sevenhills.org.

ITS A WRAP: Fridays, 5/17, 5/31, 6/7, 6/14, 6/28, 7/12, 7/19, 7/26, 8/9, 8/16, 8/23, 2-3pm. Time to wrap up our week and focus on the weekend and our plans, ending our session with everyone's favorite game, Jeopardy. **For more information:** Contact Jayne at jbowler@sevenhills.org. bit.ly/ZOOM-ItsAWrap

ANIME CLUB: Fridays, 2nd and 3rd of each month, 5/10, 5/17, 6/14, 6/21, 7/12, 7/19, 8/9, 8/16, 4-6pm. Anime movie fans, join us to watch classic and modern anime movies. We will also discuss different shows and manga so that everyone can find someone with similar interests. **Contact:** Noel at ngrajales@sevenhills.org. bit.ly/ZOOM-Anime

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

 **TERRIFIC TUESDAY TRIVIA: Tuesdays, weekly, 2-3pm, Free.** Join us for some trivia fun! **Registration is required to get the link:** Contact Noel, ngrajales@sevenhills.org.

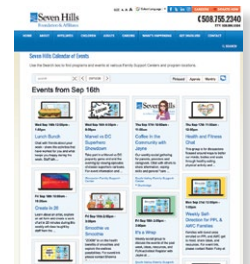
  **DUNGEONS & DRAGONS (D&D) CLUB: Thursdays, 5/2; 5/16; 6/6; 6/20; 7/18; 8/1; 8/15; 6:30-8:30pm; Ages 16+, Free.** Learn how to play in this action adventure fantasy game with the help of a Dungeon Master. Pizza will be provided! **Location:** SVFSC: **Space is limited; Registration is Required:** Contact Jodie, jkrueger@sevenhills.org.

**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, 978.602.8807, tlanpher@sevenhills.org.

■ IN-PERSON EVENTS (REGISTRATION AS NOTED)

SELF-ADVOCACY GROUP: Mondays, 5/6, 5/13, 5/20, 6/3, 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 5-6pm, Ages 22+, Free. Make friends while developing skills to advocate your needs and boundaries with people that you know. Topics include consent, effective communication, healthy decision making, and personal safety. **Location:** NQFSC. **Space is limited; Registration required:** Contact Carole Norton, 508.801.1648, cnorton@sevenhills.org.

MONDAY SOCIAL: GAME NIGHT: 5/6, 6/10, 7/8, 8/5, 6-7pm, Free. Choose games to play with friends: Giant Jenga, trivia, indoor cornhole, bingo, and more! This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC.

MONDAY SOCIAL: WHAT'S COOKING?: 5/13, 6/17, 7/15, 8/12, 6-7pm, Free. Learn easy, delicious, budget-friendly recipes then enjoy your freshly cooked meals together. This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC.

MONDAY SOCIAL: MUSIC NIGHT: 5/20, 6/24, 7/22, 8/19, 6-7pm, Free. Let's turn on the party lights and have some fun! Choose a music video to watch on the big screen, sing along with our karaoke machine, or cheer on your friends and tap to the beat. This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC.

MONDAY SOCIAL: LET'S GET CRAFTY: 6/3, 7/1, 7/29, 8/26, 6-7pm, Free. Join us to make a fun craft with friends. DIY stress balls, pine cone bird feeders, bug hotels, paper spinners, and lots more. Come find out what craft it will be! This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC.

ASSISTIVE TECHNOLOGY (AT) ROAD SHOW: Tuesday, May 7. 1-3:30pm: Exhibits & Demonstrations. 3:30-4pm: Zoom Presentation. Free. Experience a variety of AT through the exhibit, demonstrations, and presentation (adaptive cutlery, smart ovens, home safety equipment, etc). This is not a drop-off event. Caregivers must stay on premises. **Location:** NQFSC for Exhibit/Demonstrations. **Zoom:** 3:30pm: bit.ly/AT-RoadShow: Meeting ID: 944 9052 8482, Passcode: 712784.

COMMUNITY OUTING: SOUTHWICK'S ZOO: Tuesday, May 28. Bus departs from NQFSC at 9am and returns at 4pm. Admission is included. Bring a brown-bag lunch or spending money for lunch. Join us for a bus trip to the zoo. This is a family event. Caregivers must attend. **Location:** 2 Southwick St., Mendon **Space is limited; Registration is required:** Contact Carole Norton, 508.801.1648, cnorton@sevenhills.org.

COMMUNITY OUTING: KIMBALL FARM: Tuesday, June 11, Free. Pick up/drop off at the NQFSC. The bus leaves at 9:30am and returns at 3:30pm. Ride the bus with us to Kimball Farm! Enjoy food, ice cream, and fun activities! Caregivers must attend. **Location:** Kimball Farm, 400 Littleton Rd., Westford. **Space is limited; Registration required:** Contact Carole Norton, 508.801.1648, cnorton@sevenhills.org.

COMMUNITY OUTING: CINEMA DAY: Wednesday, June 26, 10am. Movie, popcorn, candy, and a drink included. Meet us at Gardner Cinemas and watch the movie, Inside Out 2, together. **Location:** 336 Timpany Blvd., Gardner.

COMMUNITY OUTING: ABILITY DAY AT THE WOO SOX: Saturday, June 22, Free. **Timeline: 1:30pm:** Meet at NQFSC. **1:45pm:** Bus departs and returns to the NQFSC when the game ends. **4pm:** Game time! Ride the bus with us to celebrate Seven Hills' Ability Day at the Woo Sox! Triple Decker Garden Section seats, lunch buffet included. Caregivers must attend. **Location:** Polar Park, 100 Madison St., Worcester. **Space is limited; Registration required:** Contact Carole Norton, 508.801.1648, cnorton@sevenhills.org.

SPECIAL EVENT: ALL THE ESSENTIALS BINGO DAY: Sunday, May 19, 12:30-3:30pm, Free. Enjoy an afternoon of family fun playing BINGO. Win household prizes such as paper towels, laundry detergent, shampoo, conditioner, etc. Refreshments and appetizers will be included. Caregivers must attend. **Location:** Athol American Legion, 325 Pequoig Ave. **Please RSVP to ensure we have all the food and prizes necessary:** Contact Carole Norton, 508.801.1648, cnorton@sevenhills.org.

NORTH QUABBIN CAREGIVER COFFEE HOUR: Thursdays, monthly, 5/23, 6/27, 7/25, 8/22, 10-11am. Parents and caregivers meet at Dunkin' to build community connections and share information. **Location:** Dunkin', 1634 S. Main St., Athol. **No registration required. Contact:** Tonya, tlanpher@sevenhills.org.

■ VIRTUAL EVENTS (REGISTRATION AS NOTED)

WRESTLING CLUB: Mondays, 5/6, 5/13, 5/20, 6/3, 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 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-WrestlingClub

SAFE SPACE: Thursdays, monthly, 5/2, 6/6, 7/11, 6-7:30pm, Ages 16-25, Free. Three sessions: Two virtual; the final session will be in person at a location TBD. This new group is for individuals who identify as LGBTQIA+ or who are questioning. Clinician-led, lots of great info, resources, and discussions! Join us at our center and zoom in together, or from home. **Registration is required to get the Zoom link:** Contact Tonya at tlanpher@sevenhills.org. Link to follow registration.

■ RESPITE EVENTS (REGISTRATION AS NOTED)

RESPITE ACTIVITY: FRIDAY MOVIE NIGHTS!: 5/17, 7/19, 8/23, 5-7pm, Free. Enjoy movie nights with dinner! Individuals needing 1:1 assistance can bring a support person. Please talk to your FSC staff about 1:1 needs. **Location:** NQFSC. **Space is limited. A referral from a DDS Service Coordinator and registration is required:** Contact Carole Norton, 508.801.1648, cnorton@sevenhills.org.

GREATER LOWELL FSC EVENTS

7 Technology Dr., Ste. 103, Chelmsford, MA • **Contact:** Gina Bernard, gbernard1@sevenhills.org.

■ IN-PERSON EVENTS (REGISTRATION AS NOTED)

CAREGIVER COFFEE HOUR: Mondays, May 6th, 20th; June 10th, 24th; 9:30-10:30am; Free. Informal support meeting/community get together for all caregivers. **Location:** TBD. **Contact** Kim Guy, kguy@sevenhills.org.

FUN TUESDAY: May 7, 14, 21, 28; June 4, 11, 18, 25; July 9, 16, 23, 30; Aug. 6, 13, 20, 27; 5:30-7pm, Ages 18+, Free. Weekly activities with our Support Center staff to promote friendship, social skills, and fun. **Location:** GLFSC.

PARENT NETWORKING: Tuesdays, May 7, 14, 21, 28; June 4, 11, 18, 25; July 9, 16, 23, 30; Aug. 6, 13, 20, 27; 5:30-7pm, 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 MOVIE NIGHT: Friday, May 17th, June 14th, 4:30-7:30pm (approximate), Free. Drive-in Movie presentation as we enjoy snacks and a good time with friends. **Location:** GLFSC.

POINTS OF LIGHT LANTERN CELEBRATION: Saturday, May 11. Event hours are 6-10pm; Join GLFSC staff, who will be attending the event from 6:30-8:30pm*. There may be fees for some aspects of the event. Be part of this Lowell tradition as the city comes alive with activities, vendors, and lantern lighting. **Location:** Ecumenical Plaza, Lowell. **For more information:** Contact Kim Guy, kguy@sevenhills.org, 508.816.2048. *GLFSC staff will be on Ecumenical Plaza, between St. Patrick's Church and Holy Trinity Church in the heart of the Acre. We will be wearing our blue Seven Hills shirts.

LOWELL FOLK FESTIVAL: Saturday, July 27, 2-4pm*. Event may have fees. Enjoy this popular festival full of music, food, and local businesses. **Location:** Lowell Downtown. **For more information:** Contact Kim Guy, kguy@sevenhills.org, 508.816.2048. *GLFSC staff will join you at the Lucy Larcom Park at 2pm. We will be wearing our blue Seven Hills shirts!

■ VIRTUAL EVENTS (REGISTRATION AS NOTED)

MARVEL VS DC: Wednesdays, May 1, 8, 15, 22, 29; June 5, 12, 19, 26; July 10, 17, 24, 31; Aug. 7, 14, 21, 28; 6-7:30pm. If you love Super Heroes, join us for fun trivia with short clips, comic book culture, and good friends! bit.ly/ZOOM-MarvelvsDC

Pride

A Publication of the Seven Hills Family Services Family Support Centers

Spring 2024: What's Inside:

Cover Story: A Season of Perseverance, Pride—and Fun!—on the Court; FSC Directory; Transition Trainings; Recreation Department Happenings; Regional Family Support Center Events; and more!

Pride

PRIDE Spring 2024

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

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PUTT WITH A PURPOSE

The New Beginnings Charity Golf Tournament is a major fundraiser for Community Connections, a program that supports thousands of people with disabilities to participate in activities that develop skills, encourage interests, build friendships, and promote health and well-being. Your support is critical to securing families' connections across central Massachusetts to **See the Opportunities, Believe in their Abilities, and Achieve their Dreams.**

- **Thursday, May 23, 2024**
- **Register as a Golfer or Sponsor**
- **9:30 a.m. Shotgun Start**
- **Lunch, Prizes, Raffles**
- **Highfields Golf & Country Club**
- **Grafton, MA**



Register Now!
Scan the QR Code or visit
sevenhills.org/nbgolf

To get involved, contact Bill Stock:
bstock@sevenhills.org, 508.983.1305