



Pride

Winter 2024

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES
MAKING COMMUNITY CONNECTIONS



Just Us Girls participants enjoy the colors of fall 2023 during a trip to New England Botanic Garden at Tower Hill, Boylston, MA

JUST US GIRLS Fosters Fun, Friendship, and Self-Determination

Sheila Judkins understands when someone feels shy and hesitant. She also understands what it takes for someone to step outside their comfort zone and try something new.

Sheila is the director of Just Us Girls (JUG), a unique social growth and development program for girls, aged 10-19, with special needs. For the past 21 years, Sheila has been nurturing the senses of "self" in adolescent girls of varying abilities to gain self-awareness, self-determination, and self-advocacy. Using evidence-based curricula, JUG teaches social development skills such as building healthy relationships, bullying prevention, money management, health and wellness, personal safety, community engagement, and more.

"Our girls come to us to find friendships, learn to navigate social pressures, and find their own confidence and voice," Sheila said. It's not always easy, but it is rewarding...

Cora's "Just Us Girls" Journey



Cora joined Just Us Girls when she was 11 years old. Her mother hoped that JUG would provide Cora, who has Asperger

Syndrome, with the social skill-building she needed to make meaningful friendships. Early on, Cora was timid, shy, and reluctant to engage in the group's social conversations and activities. Significant anxiety required Cora to attend JUG sessions with support staff.

Perseverance was a team effort, and over the past 9 years, Cora has blossomed into a confident, self-determined young woman. She easily initiates conversations and speaks openly about her disability and the challenges she has overcome. She is more self-aware, better understands social cues, and recognizes her anxiety triggers.



Now 18 years old, Cora is attending the University of Rhode Island, pursuing a degree in Animal Sciences. She plans to return to Just Us Girls as a guest speaker to share her personal experience and the program's impact on her life. Of the only self-development program she has ever enjoyed, Cora said, "There's no passing judgment here. It's a safe spot."

Just Us Girls is a program of Seven Hills Family Services' Community Connections and is funded by the United Way of Central MA Women's Initiative and DCU for Kids. **See page 5 for contact and registration information.**

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

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Sarah Khan, Administrative Assistant
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Denise Ricketts, Administrative Assistant
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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

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 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 geographical 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:** Monday, January 29, 12-1:30pm, bit.ly/ZOOM-SelfDeterm

 **UNDERSTANDING ATTAINABLE (ABLE) ACCOUNTS – PRESENTED BY FIDELITY INVESTMENTS:** Tuesday, January 30, 5:30-7:00pm. Location: Greater Lowell FSC, 7 Technology Drive, Suite 103, Chelmsford.

 **HEALTHY SEXUALITY AND RELATIONSHIPS TRAINING PRESENTED BY PATRICIA CARNEY (PRE- RECORDED):** February 12, 12:00pm: bit.ly/YOUTUBE-HSandR

 **FINANCIAL CAPABILITIES WORKSHOP WITH RCAP:** Monday, 3/4, 5-6:30pm, Free. Need help managing your finances, improving or building your credit, developing a sustainable spending plan? Learn about managing personal finances and be empowered to make better decisions in order to achieve financial stability for yourself and your family! Location: South Valley FSC, 208 Charlton Rd., Sturbridge. Registration: Contact Liz, ecarroll@sevenhills.org.

 **TRIANGLE ABUSE PREVENTION AND SAFETY CLASSES:** Monday, 3/4, Thursday, 3/7; Monday, 3/18, Thursday, 3/21; 3-4pm, Free. Triangle Abuse Prevention & Safety staff will teach you to speak up for yourself and advocate your needs with people you know! Topics include consent, boundaries, effective communication, healthy decision-making, and personal safety. Location: North Quabbin FSC, 2280 Main Street, Athol. Registration is required: Contact Tonya Lanpher, 413-418-8702 or tlanpher@sevenhills.org.

 **WHERE DO I EVEN BEGIN? FAMILY CONVERSATIONS ABOUT PLANNING FOR THE FUTURE:** Mondays, March 11 and March 18, 6pm-7:30pm. Two-Part Forum about family stories and testimonials that will help you start your own conversation about future planning for your loved one. Dinner and a side activity for your loved ones will be provided. Location: Greater Lowell FSC, 7 Technology Drive, Suite 103, Chelmsford.

 **PERSON-CENTERED PRACTICES: BEYOND THE ISP WITH FELICIA SPIESS:** Monday, March 18, 12-1pm: bit.ly/ZOOM-PCPractices



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

..... Save the Date **New Beginnings** May 23, 2024

CHARITY GOLF TOURNAMENT



Seven Hills is profoundly grateful for your unwavering connection to the people we support and the New Beginnings they experience because of you. We'll see you on the course in May 2024!

RECREATION DEPARTMENT HAPPENINGS

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

GENTLEMAN'S CLUB: Thursdays, February–March, 5:30-7pm. Ages 21+ men only. Free to join. A minimum of 4/maximum of 10 participants. This Men's meetup is an open format social group that will discuss topics affecting males in everyday situations from relationships to interpersonal communication among other themes of self-care and life skills. We will also enjoy social games, provided by School Yahd, interacting with the community. **Location:** School Yahd, 216 West Boylston St., West Boylston. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

JUST US WOMEN: One Friday/month, 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:** ASPIRE!, 150 Goddard Memorial Dr., 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:** ASPIRE!, 150 Goddard Memorial Dr., 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.

BASKETBALL SKILLS AND DRILLS: Sundays, January–March, 12-4pm. Practice times vary. \$25 donation. Beginner athletes learn the basics of Basketball, developing the fundamentals of on-court play. **Location:** Worcester State University Gymnasium, 486 Chandler St., Worcester. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

SO BASKETBALL: Practices are Sundays, January–April, 12-4pm. Practice times vary; games are TBD by SOMA. \$25 donation. Be a Triple Threat...shoot, pass, dribble and drive! Get back on defense and be the stopper. **Location:** Worcester State University Gymnasium, 486 Chandler St., Worcester. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

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

RE-CREATE: Tuesdays, January–April, 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 Music Teacher 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: ASPIRE!, 150 Goddard Memorial Dr., 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.*



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 Music Teacher Lauren Carey

CONTACT

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



The Seven Hills Knights and the New Revolution soccer teams from the Leominster area made a fantastic run to State Finals at The Governor's Academy this fall! Thank you to our volunteer coaches Kevin Heman, Anne Weaver, and David Burke for such a memorable season.



Congratulations to the Seven Hills Shamrocks Unified Flag Football team for taking the Division 1 Gold Medal at Gillette Stadium. Volunteer coaches Tyrone Hicks, Mike Tolman, and Von Ayers led the State Champions' undefeated 10-0 season. Seven Hills now boasts three State Champ teams: the Sharks, the Panthers, and the Shamrocks. Thank you to the growing coaching staff of Tom Dwyer, Maura and Chris Eldridge, and Rick Rushton for supporting our athletes. Go Blue Nation!

Join us as a coach or volunteer and impact an individual, a team, a season! Contact Bradley Ayotte, 508.796.1861, bayotte@sevenhills.org.

NORTH CENTRAL FSC EVENTS

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

THURSDAY SOCIAL: QUICK COOKING TIPS: Thursdays, Jan 4th, Feb 1st, March 7th, April 4th, 5-7pm, Free. Learn quick kitchen tips and simple recipes. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

IEP CHECK IN: Thursdays, Jan 4th, Feb 1st, March 7th, April 4th, 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, Jan 11th, Feb 8th, March 14, April 11th, 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: Thursdays, Jan 18th, Feb 22nd, March 21st, April 18th, 5-7pm, Free. Join us for a night of exploring and self-expression through the ARTS! **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

THURSDAY SOCIAL: TRIVIA TWISTERS: Thursdays, Jan 25th, Feb 22nd, March 28th, April 25th, 5-7pm. Free. Fun questions from all things possible. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

GENDER WELLNESS SOCIAL: Thursdays, Feb 8th, April 11th, 5-7pm, Free. Meet new friends in a safe space for the LGBTQ+ community. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

INHOUSE MOVIE: Fridays, Jan 12th, Feb 9th, March 8th, April 12th, 5:30-8:30pm, Ages 16+, Free. Enjoy a night out for fun and a movie! **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

DOWN SYNDROME SOCIAL: Saturdays, Jan 6th, Feb 3rd, April 6th, 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, Jan 6th, Feb 3rd, March 2nd, 10am-Noon. Ages 18+, \$25. Small group of young ladies that meet up and talk about girls' stuff, current events, social skills, and more! **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

MOM'S ONLY DAY: Saturday, January 27th, 1-3pm, Free. Please RSVP if you'd like to come in and have your nails done and enjoy a relaxing hand massage. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

DANCE PARTY/SPRING FLING: Fridays, Feb 16th, April 5th, 6-9pm, Free. Come hang out with friends and family to dance, sing, and have fun. **Location:** Leominster Elks, 134 North Main St., Leominster. **Registration:** Contact Kathy, kblack@sevenhills.org.

MOMS ON THE MOVE: Saturday, Feb 17th, 1-2pm, Free. This is a platform for moms to get together and support each other. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@sevenhills.org.

EARTH DAY PICNIC AND PICK UP: Saturday, April 27th, 1-3pm, Free. Meet us at Coolidge Park to help clean the park in celebration of Earth Day. We'll reward our hard work with a picnic. **Location:** Coolidge Park, 826 John Fitch Highway, Fitchburg. **Registration:** Contact Kathy, kblack@sevenhills.org.

■ VIRTUAL EVENTS(CONTINUED)

SELF-ADVOCATES: Tuesdays, Jan 2, 9, 16, 23, 30; Feb 6, 13, 20, 27; March 5, 12, 19, 26; April 2, 9, 16, 23, 30; 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, Jan 3, 10, 17, 24, 31; Feb 7, 14, 21, 28; March 6, 13, 20, 27; April 3, 10, 17, 24; 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, Jan 10th, Feb 14th, March 13th, April 10th, 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: CAREGIVER SESSION: Thursday, Jan 4, 6-8pm. For caregivers of Safe Space group members. Free. Our new program, Safe Space, provides opportunities for education and community-building at the intersection of LGBTQ+ identities and identities belonging to the disability community. In this session, caregivers will learn LGBTQ+ terminology, risk reduction and enhanced well-being, resources, and more. **Registration is required to get the Zoom link:** Contact Kathy Black at kblack@sevenhills.org.

SAFE SPACE: GROUP MEMBER SESSIONS: Thursdays, monthly, Feb 1, March 7, April 4, May 2, June 6, July 11, 6-7:30pm, Ages 16-25, Free. Six sessions—Five will be virtual; the final session will be in person at a location TBD. Our new program, Safe Space, provides opportunities for education and community-building at the intersection of LGBTQ+ identities and identities belonging to the disability community. Group members will learn LGBTQ+ terminology, finding affirmation, navigating the high school/college systems, safe ways to connect online, identify & communicate boundaries in relationships, and more. **Registration is required to get the Zoom link:** Contact Kathy Black, kblack@sevenhills.org.

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

ASD HANG NIGHT SKILLS AND CHILL: Fridays, Jan 5th, Feb 2nd, March 1st, April 5th, 6-8pm, Ages 20+, Free. Come hang out, meet new friends, and play video games. **Location:** NCFSC. **Registration:** Contact Kathy, kblack@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



SOUTH VALLEY FSC EVENTS

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

ACTION MOVIE CLUB: Mondays, 1/8, 1/22, 1/29, 5-7pm, Free. Watch your favorite action movies with your friends! **Space is limited; registration is required.** All caregivers must remain on premises. **Location:** SVFSC **Registration:** Noel, ngrajales@sevenhills.org.

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

JUST DANCE GAME NIGHT: Mondays, 2/5, 2/12, 2/26, 5-6:30pm, Free. This is a fun and exciting night to Just Dance! **Space is limited; registration is required.** This is not a drop-off event. **Location:** SVFSC **Registration:** Contact Noel, ngrajales@sevenhills.org.

MUSICAL BINGO: Mondays, 3/4, 3/11, 3/25, 5-6:30pm, Free. A fun and exciting take on classic Bingo, with songs instead of numbers on your Bingo card. **Space is limited; registration is required.** **Location:** SVFSC **Registration:** Contact Noel, ngrajales@sevenhills.org.

ST. PATTY'S PARTY AT THE BARN: Monday, March 18, 6-7:30pm. All ages/abilities. \$5 Fee; snacks for sale. Wear your lucky green cowboy boots for big fun at the Barn! Rhonda will share some great moves. **Space is limited; registration is required.** **Location:** Hayloft Steppers Barn, 232 Podunk Rd., Sturbridge. **Registration:** Contact Noel, ngrajales@sevenhills.org.

TRIVIA TAKEDOWN: Mondays, 4/1, 4/8, 4/15, 4/22, 5-6:30pm, Free. Everyone's favorite—TRIVIA! This is not a drop-off event; caregivers must remain on premises. **Space is limited; registration is required.** **Location:** SVFSC. **Registration:** Contact Noel, ngrajales@sevenhills.org.

COFFEE IN THE COMMUNITY: Thursdays, 1/4, 1/18, 2/1, 2/15, 2/29, 3/14, 3/28, 4/11, 4/25, 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.

BOYS 2 MEN: Thursdays, 1/11, 2/8, 3/14, 4/11, 6:30-8pm. Geared toward young men, ages 18-30, who are on the spectrum. Free. Join our new group for fun, games, discussions, and dinner! Topics include navigating relationships, social media safety, personal care, healthy eating, etc. **Space is limited; registration is required.** **Location:** SVFSC **Registration:** Contact Jodie, jkrueger@sevenhills.org.

LEGO CLUB: Thursdays, 1/25, 2/29, 3/28, 4/25, 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! **Space is limited; registration is required.** **Location:** SVFSC. **Registration:** Contact Jodie, jkrueger@sevenhills.org.

SING-A-LONG SATURDAY WITH JENNY AND WILL: 1/6, 2/3, 3/2, 4/6, 10:30am-12pm. Ages 3-10, all abilities, siblings welcome! Free. Join us Saturday mornings for fun with music! Snacks will be provided or bring your own (no nuts please!). **Space is limited; registration is required.** **Location:** SVFSC **Registration:** Contact Jenny, jpalleria@sevenhills.org.

WOODWORKING WITH RICK AND JUDY: Saturdays, 1/20, 2/24, 3/23, 4/20, 5/18, 10am, \$25. Enjoy a fun and challenging woodworking craft. **Location:** SVFSC. **Registration:** Contact Jayne, jbowler@sevenhills.org. Space is limited..

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

MONDAY FUNDAY WITH SPECIAL GUEST MIKE LEO & HIS UNIQUE RHYTHMS: 1/8, 2/5, 3/4, 4/1, 3-4pm. Free. A fun and interactive music experience with Mike Leo. We will explore different music genres, through art & creative writing. Remember to bring paper & pencils to each session! **For more information:** Contact Jayne, jbowler@sevenhills.org. bit.ly/SV-MondayFun

MONDAY FUNDAY WITH JAYNE: 1/22, 2/26, 3/25, 4/22, 3-4pm, Ages 16+. "Mad, Madder & Maddest Mad Libs!" Silly stories & fun with friends. **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

■ VIRTUAL EVENTS (CONTINUED)

ANIMATED MOVIE NIGHT: Tuesdays, weekly, 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, 1/24, 2/28, 3/29, 4/24, 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/ZOOM-BraveYoga

SAFE SPACE: CAREGIVER SESSION: Thursday, Jan 4, 6-8pm. For caregivers of Safe Space group members. Free. Our new program, Safe Space, provides opportunities for education and community-building at the intersection of LGBTQ+ identities and identities belonging to the disability community. In this session, caregivers will learn LGBTQ+ terminology, risk reduction and enhanced well-being, resources, and more. **Registration is required to get the Zoom link:** Contact Cheri Brown, cbrown@sevenhills.org.

GIRLS ALOUD: Thursdays, 1/11, 2/8, 3/14, 4/11, Ages 16+, 3-4pm. Join us for our girls group, focusing on building friendships through music, arts, baking and other fun activities. We will continue to build our Girls Aloud Recipe Book—follow along at home. Contact Jayne, jbowler@sevenhills.org for more information. bit.ly/SV-GirlsAloud

GIRLS ALOUD GREAT BRITISH BAKE-OFF: Thursdays, 1/25, 2/22, 3/28, 4/25, Ages 16+, 3-4pm. Prepare simple recipes together while learning baking basics, measurements, ingredients, and preparation. We will send out ingredients and preparation information to your home five days ahead of each class. bit.ly/SV-GirlsAloud


SAFE SPACE: GROUP MEMBER SESSIONS: Thursdays, monthly, Feb 1, March 7, April 4, May 2, June 6, July 11, 6-7:30pm, Ages 16-25, Free. Six sessions—Five will be virtual; the final session will be in person at a location TBD. Our new program, Safe Space, provides opportunities for education and community-building at the intersection of LGBTQ+ identities and identities belonging to the disability community. Group members will learn LGBTQ+ terminology, finding affirmation, navigating the high school/college systems, safe ways to connect online, identify & communicate boundaries in relationships, and more. **Registration is required to get the Zoom link:** Contact Cheri Brown, cbrown@sevenhills.org.



DIGITAL DANCE PARTY: Thursday, February 8, 6-7:30pm. Enjoy dancing and singing on Zoom with your friends! **Registration:** Contact Noel, ngrajales@sevenhills.org. bit.ly/ZOOM-DigitalDance

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, Jan 5, Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 16, Feb 23, Mar 1, Mar 8, Mar 15, Mar 22, Mar 29, Apr 5, Apr 12, Apr 19, Apr 26, May 3, May 17, May 31, 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:** Tuesday, 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, 1/4, 1/18, 2/1, 2/15, 3/7, 3/21, 4/4, 4/18, 6:30-8:30pm, Ages 16+, Free. Role-play this classic game with a real Dungeon Master! Pizza will be served. **Location:** SVFSC. **Registration is required to get the link:** Contact Jodie, jkrueger@sevenhills.org.

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, 1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5-6pm, Ages 18+, Free. Friends with different disabilities work together to take charge of their lives. Learn how to make your own decisions and choices. **Location:** NQFSC. **Registration:** Contact Carole, cnorton@sevenhills.org or 978.602.8805. Space is limited.

CAREGIVER'S CORNER: Mondays, 1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 6-7:30pm, Free. Join Senior Family Support Specialist, Tonya Lanpher, for a light meal. Conversations and support with the IEP, ISP, community resources, and more. Respite/Child Care available. **Location:** NQFSC.

MONDAY SOCIAL: GAME NIGHT: 1/8, 2/12, 3/18, 4/15, 6-7:30pm, Free. Choose games to play with friends: Giant Jenga, trivia, indoor cornhole, bingo, and more! Meal provided. This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC.

MONDAY SOCIAL: WHAT'S COOKING?! 1/22, 2/26, 3/25, 4/29, 6-7:30pm, 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: 1/29, 3/4, 4/1, 4/22, 6-7:30pm, 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. Meal provided. This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC.

MONDAY SOCIAL: LET'S GET CRAFTY: 2/5, 3/11, 4/8, 6-7:30pm, 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! Meal provided. This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC.

TRIANGLE ABUSE PREVENTION AND SAFETY CLASSES: Monday, 3/4, Thursday, 3/7; Monday, 3/18, Thursday, 3/21; 3-4pm, Free. Staff from Triangle Abuse Prevention & Safety will teach you to speak up for yourself and advocate your needs with people you know! Topics include consent, boundaries, effective communication, healthy decision-making, and personal safety. **Location:** NQFSC. **Registration is required:** Contact Tonya Lanpher, 413-418-8702, tlanpher@sevenhills.org.

BOWLING GROUP: Tuesdays, 2/6, 2/13, 2/27, 3/5, 3/12, 3/19, 5-6:30pm, Free. Join us for 6 weeks at Gardner Candlepin Bowling. Trophies awarded on the last day to celebrate scores! This is not a drop-off event. Caregivers must stay on the premises. **Location:** 123 Main St., Gardner. **Registration:** Contact Penny Boutin, pboutin@sevenhills.org or 508-816-2057.

ASSISTIVE TECHNOLOGY ROAD SHOW: Tuesday, February 20. 1:30-4:00pm, Exhibits and Demonstrations at NQFSC. 4:00-4:30pm, Presentation on Zoom, Meeting ID: 404 544 4308, Password: ATP. Free. Experience Assistive Technology (AT) through Seven Hills' AT team's exhibit, demonstrations, and presentations. This is not a drop-off event. Caregivers must stay on the premises.

COFFEE WITH CAROLE & PENNY: Wednesdays, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 10-11:30am, Free. Caregivers gather for support and to enjoy a light breakfast with coffee and conversations. Respite/child care available. **Location:** NQFSC.

COCOA BAR AND COOKIE WALK: Wednesday, January 17, 5:30-7pm, Free. Bring your family and celebrate the winter season. We will have a hot cocoa bar and winter games/crafts. Please bring a tray of cookies for our cookie walk (like musical chairs, but with cookies)! This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC.

SKILLS AND CHILL GROUP: Thursdays, 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 4:30-6pm, Ages 18+, Free. Make friends and learn life skills/activities of daily living including pre-vocational skills, budgeting, time management, organization, internet safety, healthy relationships, and consent. Receive a certificate of completion at a graduation party in April. **Location:** NQFSC. **Registration is required:** Contact Carole Norton, 508-801-1648, cnorton@sevenhills.org. Space is limited.

VALENTINE'S PARTY: Friday, Feb 9th (Snow Date: Feb 23rd), 5:30-7pm, Free. Celebrate the holiday of love with Valentine-themed arts/crafts, a hot cocoa station, cookie/cupcake decorating, games, and music. This is not a drop-off event. Caregivers must stay on the premises. **Location:** NQFSC. **Registration is required.** Contact Tonya Lanpher, 413-418-8702, tlanpher@sevenhills.org.

ST. PATRICK'S DANCE: Friday, March 15, 6-8pm, Free. Put on your dancing shoes and join our family dance. Green and gold attire is encouraged; entertainment and beverages provided. This is not a drop-off event. Caregivers must stay on the premises. **Location:** Athol High School Gymnasium, 2363 Main St., Athol **Registration required.** Contact Tonya Lanpher, 413-418-8702, tlanpher@sevenhills.org.

NORTH QUABBIN FSC EVENTS (CONTINUED)

■ VIRTUAL EVENTS (REGISTRATION AS NOTED)

WRESTLING CLUB: Mondays, 1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 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

IEP SUPPORT AND RESOURCES: Saturdays, first of the month, 1/6, 2/3, 3/2, 4/6, 9:30-10:30am, Free. An IEP Specialist from our center will answer questions and concerns regarding Individualized Education Plans. bit.ly/ZOOM-NQIEP

■ RESPITE EVENTS (REGISTRATION AS NOTED)

RESPITE ACTIVITY: FRIDAY MOVIE NIGHTS!: 1/19, 2/16, 3/22, 4/26, 5-8pm, 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. **A referral from a DDS Service Coordinator and registration is required:** Contact Carole Norton, 508-801-1648, cnorton@sevenhills.org. Space is limited.

RESPITE ACTIVITY: SCHOOL VACATION DROP-IN: Feb 21, 22; April 16, 17, 18; 9am-2pm, Free. School-Aged Activity: Our center is offering full days of activities during February and April vacation. Be sure to pack a lunch. **Location:** NQFSC. **A referral from a DDS Service Coordinator and registration is required:** Contact Carole Norton, 508-801-1648, cnorton@sevenhills.org. Space is 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, January 8, 22, February 12, 26, March 11, 25; 9:30-10:30am, Free. Informal support meeting/community get together for all caregivers. **Location:** TBD. **Contact** Kim Guy, kguy@sevenhills.org.

CAREGIVER DINNER TALK: Mondays, monthly, 1/29, 2/26, 3/25, 6-7pm, Free. We are giving caregivers the floor on this night. Come make friends and have dinner with the Seven Hills staff. **Location:** GLFSC. **Contact** Kim Guy, kguy@sevenhills.org.

FUN TUESDAY: Weekly, January 2, 9, 16, 23, 30, February 6, 13, (no 20), 27, March 5, 12, 19, 26; 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, weekly, January 2, 9, 16, 23, 30, February 6, 13, (no 20), 27, March 5, 12, 19, 26; 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 OUTDOOR MOVIE: Friday, February 16, 4:30-7:30pm (approximate), Free. Drive-in Movie presentation as we enjoy snacks and a good time with friends. **Location:** GLFSC.

SENSORY YOGA CLASSES: Saturdays, Jan 20, 27, February 3, 10. 10:30-11:30am, Ages 6-12; 12-1:00pm, Teens and Adults, Free. Join us for 4 sessions of YOGA classes that will be sensory engaging and soothing for different ages. **Location:** GLFSC.

CARD MAKING, VALENTINE'S DAY EDITION: Saturday, February 10, 9-11am, Free. Create a holiday card or simple craft for a loved one this Valentine's Day. All materials and a light snack provided. **Location:** GLFSC.

■ VIRTUAL EVENTS (REGISTRATION AS NOTED)

MARVEL VS DC: Wednesdays, weekly, Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 6, 13, 20, 27; 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, January 6, February 3, March 2, 10-11am. This social group shares stories, weekly events, a time to reflect, and good laughs, too. bit.ly/ZOOM-JustForFun

Pride

A Publication of the Seven Hills Family Services Family Support Centers

Winter 2024: What's Inside:

Cover Story: JUST US GIRLS Fosters Fun, Friendship, and Self-Determination; FSC Directory; Transition Trainings; Recreation Department Happenings; Regional Family Support Center Events; and more!



PRIDE Winter 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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