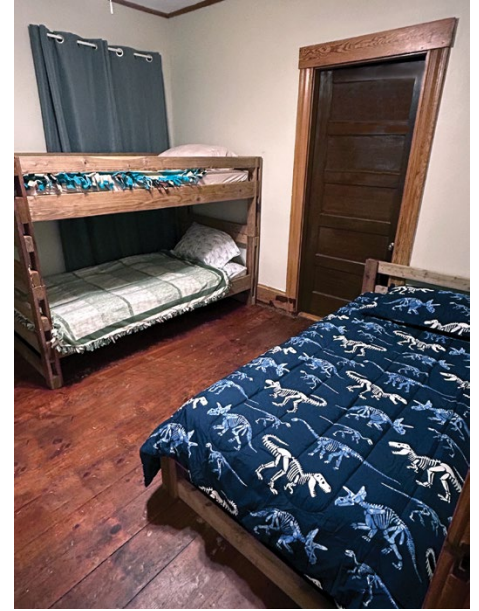


A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES
MAKING COMMUNITY CONNECTIONS



Giving Back through Team Building Supports a Family's Fresh Start



Since joining Seven Hills in February 2024, Tierra Sanders has emerged from her "shell of shyness" to harness a "super power" for advocacy.

Tierra is a family support specialist for the North Central Family Support Center (NCFSC) in Fitchburg. In this role, she assists people with intellectual and developmental disabilities (I/DD) and their families seeking information, programming, and navigating the health and human services system.

Daisy is a single mother of five children, one of whom needs supports for I/DD. As the family's navigator, Tierra learned of Daisy's search for housing. Gaining momentum in her power to advocate, Tierra began working with Daisy to secure the funding for a home.

Meanwhile, Jacqueline Edmands, NCFSC's senior family support specialist, was seeking a staff team-building experience when she came across a volunteer opportunity at [Deb's Beds](#), a referral resource in Littleton, Massachusetts.

On Friday, October 25, from 10:00 a.m. to 2:00 p.m., a team of 10 NCFSC staff moved through the Deb's Beds' workstations at a superhuman pace to prepare enough 2x4s to assemble 12 beds—exceeding the minimum five—ensuring that 12 local children would have a permanent place to sleep.

This experience was rewarding beyond measure for staff, the children benefiting from the team-building efforts, and the power of community partnerships.

Coming Full Circle

Tierra's advocacy for Daisy's housing was a success, and acting quickly on Tierra's referral, five of Deb's Beds were assembled in the family's new home.

By Tierra: Answering the Call to Care

*"In these first 9 months with Seven Hills, I have experienced the amazing things we do for the families we serve. One of the most impactful experiences for me was working with Deb's Beds and building beds for families in need. From sanding, drilling, and staining wood, we were a part of something special. As our friend, Chris, told us Deb's Beds' story, I instantly thought of one of my families, Daisy and her 5 kids. They have been through so much and finally got a new chance at a fresh start. I had to answer the call! I quickly put in the referral and was later overjoyed when I opened Daisy's message with pictures of the beds and linens provided by Deb's Beds in her new home. She still thanks me to this day, and it is a simple reminder that **'being kind is free but the impact is worth a fortune.'** What an amazing team to be a part of!"*

Family Support Center Directory

Seven Hills Family Services

85 Prescott Street, Worcester, MA 01605

Leslie Courtney, lcourtney@sevenhills.org
Vice President

Gina Bernard, gbernard@sevenhills.org
Assistant Vice President

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

Xandra Bouray, xbouray@sevenhills.org
Therapeutic Recreation Director

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

Dawn Varrichio, dvarrichio@sevenhills.org
Administration Manager

Sarah Khan, skhan@sevenhills.org
Administrative Assistant

Denise Ricketts, dricketts@sevenhills.org
Administrative Assistant

Amber Wongbay, awongbay@sevenhills.org
Regional Program Manager

North Central Family Support Center

1460 John Fitch Highway, Fitchburg • 978.632.4322

Jacqueline Edmands, jedmands@sevenhills.org
Senior Family Support Specialist

North Quabbin Family Support Center

2280 Main St., Athol • 978.602.8807

Tonya Lanpher, tlanpher@sevenhills.org
Director Senior Family Support Specialist

South Valley Family Support Center

5 Optical Dr., 2nd Flr., Southbridge • 774.241.2500

Elizabeth Carroll, ecarroll@sevenhills.org
Senior Family Support Specialist

Greater Lowell Family Support Center

7 Technology Dr., Ste. 103, Chelmsford • 978.560.5751

Kristen Tower, ktower@sevenhills.org
Senior Family Support Specialist

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 Icons



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.

Stay Social, Stay Connected, and Stay Up to Date!

Remember to check our Events Calendar, Facebook Page, and your email for social media posts and e-communications on events! Stay connected for the latest on your favorite activities, especially when there are reports of inclement weather!



Events Calendar:

sevenhills.org/whats-happening/calendar



FSC Facebook Page:

facebook.com/SHFFamilySupportCenters



Caregiver Resources Facebook Page:

facebook.com/seven.hills.caregiver.resources

Seven Hills Family Support Centers are funded by and work in partnership with the Massachusetts Department of Developmental Services (DDS).



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.

  **GUARDIANSHIP, HEALTHCARE PROXY, AND POWER OF ATTORNEY: Monday, 1/13, 12pm.** Join us for a Watch Party to view this training by Betsy Johnson. In this replay, Betsy explains the key differences between guardianship, proxies, and power of attorney, helping families make informed decisions about legal supports for their loved ones. **Registration required:** Contact Cheri at cbrown@sevenhills.org for info. bit.ly/BetsyJTrainReplay

  **NORTH QUABBIN CITIZEN ADVOCACY PRESENTATION: Monday, 1/27, 6-7pm.** Executive Director Nate Johnson will discuss the mission of North Quabbin Citizen Advocacy to develop and support relationships for people who require guidance, companionship, and/or advocacy. **In Person at NQFSC or Zoom: bit.ly/NQFSC-Zoom**

  **POSITIVE BEGINNINGS: SUCCESSFUL FIRST IEP MEETINGS: Monday, 2/10, 5-6pm.** Co-facilitators Positive Beginnings and Exceptional Lives help families, new to Special Education, understand the IEP process, build a strong partnership with the school, and access resources to support their child's education journey. **Registration required:** Contact Cheri at cbrown@sevenhills.org for info. **In-person watch party at SVFSC or Zoom: bit.ly/PosBeginIEPs**

  **SUCCESSFUL TRANSITION PLANNING FOR YOUR TEEN OR PRETEEN: Monday, 3/24, 5-6pm.** Discussion on planning for life after school using Exceptional Lives training guides for families of middle/high school students with IEPs. We will share resources, goal setting, and school collaboration. **Registration required:** Contact Cheri at cbrown@sevenhills.org for info. **In-person watch party at SVFSC or Zoom: bit.ly/TeenIEP-Transition**

  **YOU'RE WITH US: Tuesday, January 28, 5:30-7pm, Free.** Meet with Michael Plansky from You're With Us, an inclusion program for young adults, to learn independent living skills, explore career opportunities, connect to local colleges for activities, and create relationships with college students while being fully immersed in the college culture and local community. **In-person at GLFSC or Zoom: Link TBD. Registration required:** Contact Kim, kguy@sevenhills.org.


All-Access, All the Time: FSC 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!


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


RECREATION DEPARTMENT HAPPENINGS


 **BOOK CLUB: Weekly, TBD. End of Jan.–Apr. Free, with a Worcester Public Library (WPL) card (required).** Join our new Seven Hills Book Club at the WPL. Jump into far away places, daring adventures, and stories to warm your heart. Regular/large print, audio, and audio visual books. **Registration required:** RSVP to Xandra, xbouray@gmail.com. **Location:** WPL, 3 Salem Sq.

 **S.O. BOWLING: Every other Tuesday, Dec. 3–Mar. 11, 6-8:30pm, Free.** Grab your bowling shoes, ball, and get ready to knock down pins with the Seven Hill Competition Bowling team with S.O.! **Major perk:** Every time you attend a practice, you earn 2 free games at the Auburn Bowlero. **Pre-registration required:** Contact Xandra Bouray, xbouray@sevenhills.org. **Location:** Auburn Bowlero, 101 Southbridge St.


 **SPORTS MEETING: Friday, Jan. 3, 6:30pm, Free.** Enjoy pizza and salad as we discuss the upcoming sports season, update contact info., clarify communication preferences, complete paperwork, and answer your questions. **Registration required:** RSVP to Xandra, xbouray@gmail.com to confirm numbers for pizza. **Location:** Seven Hills, 85 Prescott St., Worcester.


 **JAM SESSION: Friday, Jan. 10, 6-7:30pm, Free.** Join in person to celebrate 2025 with music, fun, and friends! Karaoke, jam, and instruments to experiment. **No registration needed.** **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester.

 **JUST US WOMEN: Fridays, monthly, Sept.–May, 6:30-8:30pm, \$300/yr.** An extension of Just Us Girls, this program builds friendships and teaches important topics while enjoying each other's company during dinner. The group's interests drive the topics, event planning, and include self-determination, goal-setting, healthy relationships, wellness, and community engagement. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Registration:** Contact Noreen Alves, Noalves@sevenhills.org. *Please Note: Open enrollment begins July 11; signups are ongoing. Limited space is available. A commitment to the entire year is required.*


 **RAILERS HOCKEY WEEKEND GAME: Feb. TBD. Tickets available upon registration.** Bring your jackets, friends, family, and join us for a Railers Hockey Game! Limited tickets available for purchase through our Recreation Dept. **Registration required:** Email Xandra to allocate your tickets, xbouray@sevenhills.org. **Location:** DCU Center, 50 Foster St., Worcester.

 **CREATIVE MINDS STAINED GLASS WORKSHOP: Saturday, Jan. 25, 10am-1pm, 18+. Free with Creative Minds program registration.** Instructor demonstration, then participants work on their projects. This craft requires fine-motor skills in hands. **Location:** Worcester Center for Crafts, 25 Sagamore Rd. **Registration:** Contact Noreen Alves, NoAlves@sevenhills.org.

 **JUST US GIRLS: Saturdays, 2x/month, Sept.–May; ages 10-14, 10am-Noon; ages 15-19, 1-3pm. \$50/yr., due at signup.** Unique skills development for adolescent girls to make friends and learn self-awareness; self-determination; goal setting; healthy relationships, behaviors, and lifestyles; personal safety; and a community service project. 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 Noreen Alves, Noalves@sevenhills.org. *Please Note: Open/ongoing enrollment begins July 11. Limited space available; a commitment to the year is required. Funded by United Way of Central MA Women's Initiative and DCU for Kids.*

 **BASKETBALL SKILLS AND DRILLS: Sunday practices, Jan.–Mar., Noon-4pm, \$25 donation.** Beginner athletes and athletes looking to practice their skills, develop and perfect the fundamentals, process, and teamwork needed for on-court play. **Registration required:** Contact Xandra Bouray, xbouray@sevenhills.org. **Location:** Worcester State University Gym, 486 Chandler St.

 **S.O. BASKETBALL: Sunday practices, games are TBD by SOMA. Jan.–Apr., Noon-4pm, \$25 donation.** Shoot, pass, dribble, and drive your way to the basket on a team full of passionate, hard workers, and a commitment to teamwork. Attendance and consistency are important in all sports. We are assembling a traditional team, no partners required. **Registration required:** Contact Xandra Bouray, xbouray@sevenhills.org. **Location:** Worcester State University Gym, 486 Chandler St.

 **S.O. AQUATICS: Sunday practices; meets TBD by SOMA, Mar.–June 2025, 1:30-2:30pm, \$50 donation.** Practice skills and reach new goals on this S.O. traditional competitive swim team. A commitment to weekly practices, assessment rounds, and competitions set by SOMA are required. An overnight is possible at our Summer Games; independence at larger events will be necessary. Priority is given as a courtesy to the previous year's team members. **Location:** Clark University, 57 Downing St., Worcester.

Just Us Girls

A SOCIAL SKILLS GROUP TO SUPPORT AND EMPOWER GIRLS



WHO

Differently abled girls, ages 10-14 & 15-19

WHAT

Create new friendships while learning self-awareness, self-determination, and skills for life. Opportunities for parents, guardians, and caregivers to network.

WHEN

Two Saturdays per month, from September-May

WHERE

Local Worcester area locations

 **Seven Hills**
Family Services
An Affiliate of Seven Hills Foundation

Funded in Part by



REGISTER TODAY!

Noreen Alves
Regional Recreation & Grant Coordinator
774-688-4095 • NoAlves@sevenhills.org



CREATIVITY & CONNECTIONS

CREATIVE MINDS AT WAM ADULTS 18+ WITH ABI/TBI

Every 2nd Saturday, 10am-Noon
September 14, 2024 - June 14, 2025


- 10-10:30: Meet & Greet Brunch
- 10:30-11: Museum Walk-Through
- 11-Noon: Creative Process

Worcester Art Museum (WAM)
55 Salisbury St., Worcester, MA 01609
Three outings are being planned; dates TBA.


To register, contact Noreen Alves
noalves@sevenhills.org or call 774-688-4095.


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


UP & COMING SPORTS: Register Now to Get a Jump Start on the Season!

 **S.O. BOCCIE:** Tuesday practices, matches are TBD. June-August. Join the fun loving, welcoming group of players who enjoy this sport that has ties to ancient Rome and offers a relaxed way to move and challenge your mind.

Pre-registration is required: Email Xandra, xbouray@sevenhills.org for more information or to RSVP.

 **S.O. SOFTBALL:** Thursday practices, games are TBD. June-August. This sport is great for team building, physical activity, and great memories. Grab a glove, a pair of cleats, and join the fun of America's pastime. **Pre-registration is required:** Email Xandra at xbouray@sevenhills.org for more information or to RSVP.


 **S.O. GOLF:** Thursday practices, matches are TBD. June-August. 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. **Pre-registration required:** Email Xandra, xbouray@sevenhills.org for more information or to RSVP.


 **GOLF SKILLS AND DRILLS:** Thursdays, June-August. This is a recreational (non-competitive) group of athletes desiring to learn the great game of golf. Not ready for the course, yet? Join us on the driving range and putting green to perfect those swings. **Pre-registration required:** Email Xandra, xbouray@sevenhills.org for more information or to RSVP.


DON'T MISS OUT, space is limited! Pre-registration required. Contact Xandra Bouray, xbouray@sevenhills.org.


SOUTH VALLEY FSC EVENTS


5 Optical Drive, 2nd Floor, Southbridge, MA • 774.241.2500 • Contact: Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org.


 **MOVIES WITH A MESSAGE:** Mondays, 1/6, 1/13, 1/27, 5-6:30pm, Free. Hang out and watch fun and interesting PG13 movies that cover serious topics like grief and bullying. **Location:** SVFSC. **Registration required.** Contact Paige, pwillard@sevenhills.org. *Space is limited. This is not a drop-off event; all caregivers must remain on the premises.*

 **PARENT MEET-UP GROUP:** Mondays, weekly when Activity Nights are held at the SVFSC, 5-6:30pm, Free. Join us for an informal Parent Group. We will discuss your successes and concerns. **Location:** SVFSC.


 **TRIVIA TAKE DOWN!** Mondays, 2/3, 2/10, 2/24, 5-6:30pm, Free. Fan favorite, Trivia! **Location:** SVFSC. **Registration required.** Contact Jodie, jkrueger@sevenhills.org. *Space is limited. This is not a drop-off event; all caregivers must remain on the premises.*


 **JUST DANCE!** Mondays, 3/3, 3/10, 3/17, 3/24, 5-6:30pm, Free. Join our fun night to Just Dance! **Location:** SVFSC. **Registration required.** Contact Cheri, cbrown@sevenhills.org. *Space is limited. This isn't a drop-off event; all caregivers must stay on the premises.*


 **GAME NIGHT:** Mondays, 4/7, 4/14, 4/21, 4/28, 5-6:30pm, Free. Hang out and play board games! **Location:** SVFSC. **Registration required.** Contact Ella, ELaplante@sevenhills.org. *Space is limited. This isn't a drop-off event; all caregivers must stay on the premises.*


 **HOLIDAY CRAFT DROP IN:** Wednesdays, 1/22, 3/12, Noon-3pm, ages 23-26, Free. Fun workshops to create crafty holiday treasures! **Location:** SVFSC. **Registration required.** Contact Paige, pwillard@sevenhills.org. *Space is limited.*


 **RECYCLE AND UPCYCLE! DROP-IN WORKSHOPS:** Wednesdays, 2/12, 4/9, Noon-3pm, ages 23-26, Free. Make amazing crafts using recycled materials. This is a drop-off workshop series; bring a brown bag lunch. **Location:** SVFSC. **Registration required.** Contact Paige, pwillard@sevenhills.org. *Space is limited; first come, first served.*


 **HEALTH AND WELLNESS WORKSHOPS:** Wednesdays, 2/26, 3/26, 4/23, 5/7, Noon-3pm, Free. Join Paige for this drop-off workshop series to learn about very important topics and have fun! Activities to include cultural diversity, money management, and healthy living. **Location:** SVFSC. **Registration required.** Contact Paige, pwillard@sevenhills.org. *Space is limited.*

 **CAFE CHATS:** Thursdays, 1/2, 1/16, 1/30, 2/13, 2/27, 3/13, 3/27, 4/10, 4/24, 10am, Free. This biweekly support group builds a supportive community for caregivers; a safe space to share information, connections, enhance networks, and contribute to a caring, informed community. **Location:** Sawdust, 371 Main St., Sturbridge. **Contact:** Ella, ELaplante@sevenhills.org.

 **BRAVE YOGA WITH A TWIST!** Thursday, 3/13, 6-7pm, Free. Join us for a mindful activity and then a restorative yoga session with Lisa from Brave Yoga for All, LLC. Bring your yoga mats, water bottles, and wear comfortable clothes. **Location:** SVFSC. **Registration required.** Contact Jayne, jbowler@sevenhills.org. *Space is limited. This is not a drop-off event; all caregivers must remain on the premises.*


 **LEGO WORKSHOP:** Thursday, 3/27, 6-7pm; 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. **Registration required.** Contact Jodie, jkrueger@sevenhills.org. *Space is limited. This is not a drop-off event; all caregivers must remain on the premises.*

 **SELF-ADVOCACY WORKSHOP:** Thursdays, 1/2, 1/16, 1/30, 2/13, 2/27, 3/13, 3/27, 4/10, 4/24, 10am. Self-guided with minimal staff direction, covering topics like fun worksheets, practicing advocacy, IEPs, and contacting legislators. For individuals with a caretaker attending Cafe Chats. **Location:** Sawdust, 371 Main St., Sturbridge. **Contact:** Jayne, jbowler@sevenhills.org.

 **MAGIC THE GATHERING!** Fridays, 1/3, 2/7, 3/7, 4/4, 6:30-8:30pm, Free. Join us for this exciting card game experience! Learn how to play the game from our expert staff to cast spells, raise armies, and duel your friends. Pizza will be served! **Location:** SVFSC. **Registration required:** Contact Makenna, mamancuso@sevenhills.org. *Space is limited.*



 **WOODWORKING WITH RICK AND JUDY:** Saturdays, 1/11, 2/8, 3/8, 4/12, 10am, \$25. Enjoy a fun, challenging woodworking craft. **Location:** SVFSC. **Registration required:** Contact Jayne, jbowler@sevenhills.org. *Space is limited.*



 **MONDAY FUNDAY WITH MIKE LEO & HIS UNIQUE RHYTHMS:** 1/27, 2/24, 3/24, 4/28, 3-4pm, Free. We will explore different music genres through art & creative writing. Please remember to bring paper & pencils to each session! **Registration required:** Contact Jayne, jbowler@sevenhills.org. bit.ly/SV-MondayFun

 **BRAVE YOGA WITH A TWIST:** Wednesdays, 1/15, 1/29, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16, 6:15-7pm, Free. Join your friends online to practice yoga moves. The fully adaptive sessions include warm-up, breathing and mindfulness, yoga poses, and a relaxing power down. **Contact:** Jayne, jbowler@sevenhills.org for registration details. bit.ly/ZOOM-BraveYoga

 **MARVEL VS DC:** Wednesdays, weekly, 6-7:30pm, Free. If you love Super Heroes, then join us for a fun trivia night with short clips, comic book culture, and good friends! **Contact** Kristen, ktower@sevenhills.org. bit.ly/ZOOM-MarvelvsDC

 **IT'S A WRAP:** Fridays, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 3-4pm, Free. 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, please contact Jayne,** jbowler@sevenhills.org. bit.ly/ZOOM-ItsAWrap


  **TERRIFIC TUESDAY TRIVIA:** 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 2-3pm, Free. Join us for trivia fun! **Exclusively for individuals on the Autism Spectrum. Registration is required to get the link: Contact Jodie,** jkrueger@sevenhills.org.


  **DUNGEONS & DRAGONS (D&D) CLUB:** Thursdays, 1/2, 1/16, 2/6, 2/20, 3/6, 3/20, 4/3, 4/17, 6:30-8:30pm, ages 16+, Free. Learn how to play in this action adventure fantasy game with the help of a DungeonMaster! Pizza will be provided! **Location:** SVFSC. **Exclusively for individuals on the Autism Spectrum. You must register with** jkrueger@sevenhills.org. *Space is limited.*

NORTH CENTRAL FSC EVENTS


1460 John Fitch Highway, Fitchburg, MA • 978.632.4322


Contact: Kathy Black, 978.602.8697, kblack@sevenhills.org or Jackie Edmands, jedmands@sevenhills.org.

 **OPEN MIC NIGHT:** Tuesdays, Jan 21, Feb 18, March 18, 6-8pm, Free. Come hang out with friends and sing your favorite songs. **Location:** Leominster Veterans Center, 100 West St., Leominster. **Registration:** Kathy, kblack@sevenhills.org.

 **FAMILY FEUD:** Tuesday, April 15, 6-8pm, Free. Create a team with friends, family, and test your skills. Prizes for the top team. **Location:** Leominster Veterans Center, 100 West St., Leominster. **Registration:** Kathy, kblack@sevenhills.org.


 **DC/MARVEL FANS:** Wednesdays, Feb 5, March 5, April 2, May 7, 5-7pm, Free. Come hang out with friends and chat about DC/Marvel comics, movies, games. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **IEP CHECK IN:** Thursdays, Jan 2, Feb 6, March 6, April 3, May 1, 5-7pm, Free. Check in with the IEP Support Navigator for ideas on how to partner with your school district to manage your IEP in a collaborative way. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **THURSDAY SOCIAL: COOKING FUN:** Thursdays, Jan 2, Feb 6, March 6, April 3, May 1, 5-7pm, Free. Come hang out with friends and learn to cook some simple, healthy recipes. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **THURSDAY SOCIAL: GAME NIGHT:** Thursdays, Jan 9, Feb 13, March 13, April 10, May 8, 5-7pm, Free. Hang out and play various games with friends. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **THURSDAY SOCIAL: TRIVIA TWISTERS:** Thursdays, Jan 16, Feb 20, March 20, April 17, May 15, 5-7pm, Free. Fun questions from all things possible. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **THURSDAY SOCIAL: EXPLORING THE ARTS:** Thursdays, monthly, Jan 23, Feb 27, March 27, April 24, May 22, 5-7pm, Free. Exploration and self-expression through the ARTS! **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **SOCIAL SQUAD:** Thursdays, 2x/month, Jan 9, 23; Feb 6, 20; March 6, 20; April 10, 24; May 8, 22; 11am-2pm, Free. Connect with friends to enjoy activities of interest to all. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **TRANSITION TALKS:** Thursdays, Jan 16, Feb 20, Mar 20, Apr 17, May 15, 5-7pm, ages 16-22, Free. The transition navigator will review the timeline for transitioning to adult services. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **FRIDAY MOVIE CLUB:** Fridays, Jan 10, Feb 7, March 14, April 11, May 9, 5:30-8pm, ages 16+, Free. Friends can enjoy a night out for fun and a movie. Includes pizza! **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **DOWN SYNDROME SOCIAL:** Saturdays, Jan 4, Feb 1, April 5, May 3, 10am-Noon. All ages, Free. For friends and family who have a loved one with Down syndrome, join us to socialize and network. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.


 **SWEET HEART DANCE:** Saturday, Feb 15, 7-9pm, Free. Valentine Dance at the Leominster Elks. **Registration:** Kathy, kblack@sevenhills.org.


 **MONSTER TRUCKS BUS TRIP:** Sunday, Feb 16. Bus leaves NCFSC at 11am. Free. See the Monster trucks at the DCU Center. **Limited seating; you must RSVP:** Contact Kathy, kblack@sevenhills.org.

 **MANAGING ANXIETY AND COPING SKILLS:** Mondays, Jan 13, 27; Feb 3, 10; 6-7pm. Free. Social Coach Allison will teach and help you practice ways to figure out and deal with challenging times. **Registration:** Kathy Black, kblack@sevenhills.org. bit.ly/4gel67B

 **SELF ADVOCATES SOCIAL:** Tuesdays, Jan 14, Jan 28, Feb 4, Feb 18, Mar 4, Mar 18, April 1, April 15, 10-11am, Free. Learn how to advocate for your beliefs and goals. **Registration:** Kathy Black, kblack@sevenhills.org. bit.ly/NC-SelfAd


 **LUNCH BUNCH: FRIENDSHIP CIRCLE:** Wednesdays, Jan 8, Feb 12, March 12, April 9, Noon-1pm, Free. Allison from Successfully Social will teach 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


 **LUNCH BUNCH:** Wednesdays, Jan 22, Feb 26, March 26, April 23, Noon-1pm, Free. 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


 **EVERYTHING AUTISM:** Wednesdays, Feb 12, March 12, 6-7pm, Free. Diane Crossley from Advocates will host this zoom for questions, programming, and resources. bit.ly/NCFSCAutism


NORTH QUABBIN FSC EVENTS

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


 **MONDAY SOCIAL: WHAT'S COOKING?** 1/13, 3/10, 6-7pm, Free. Learn easy, delicious, budget-friendly recipes then enjoy your freshly cooked meals together. **Location:** NQFSC. **No registration required.** **For questions,** contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057. *Caregivers must attend this family event.*


 **MONDAY SOCIAL: MUSIC NIGHT:** 1/27, 3/24, 6-7pm, Free. Let's turn on the party lights, watch a music video on the big screen, sing karaoke, cheer on your friends, and tap to the beat. **Location:** NQFSC. **No registration required.** **For questions,** contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057. *Caregivers must attend this family event.*


 **MONDAY SOCIAL: LET'S GET CRAFTY:** 2/10, 4/14, 6-7pm, Free. Make a fun craft with friends: DIY stress balls, pine cone bird feeders, bug hotels, paper spinners, and more. **Location:** NQFSC. **No registration required.** **For questions,** contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057. *Caregivers must attend this family event.*


 **MONDAY SOCIAL: GAME NIGHT:** 2/24, 4/28, 6-7pm, Free. Choose games to play with friends: Giant jenga, indoor cornhole, trivia, bingo, outdoor games, and so much more! **Location:** NQFSC. **No registration required.** **For questions,** contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057. *Caregivers must attend this family event.*


 **SELF-ADVOCACY GROUP AND LIFE SKILLS:** 2nd Mondays, monthly, 1/13, 2/10, 3/10, 4/14, 5-6pm, ages 18+, Free. Make friends while learning skills to speak up for yourself. Develop skills to advocate your needs and boundaries with people that you know. Topics include consent, effective communication, healthy decision making, and personal safety. **Registration required:** Contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057. *Space is limited.*


 **SKILLS AND CHILL GROUP:** 2nd/4th Tuesdays, monthly, 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22, 10am-Noon, ages 18+, Free. This group will offer individuals the tools and information they need to ensure they are on the right track toward a full life! We will focus on social skills, dream building, and decision making. **Location:** NQFSC. **Registration required:** Contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. *Please talk to NQFSC staff with any questions about 1:1 support needs. Space is limited.*


 **MUSIC TIME WITH LILA:** 4th Tuesdays, monthly, 1/28, 2/25, 3/25, 4/22, 10-11am, Free. Join us for fun, interactive music with Lila Suchocki. Choose a hand instrument and sing along to your favorite songs. **Location:** NQFSC. **No registration required.** For questions, contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. *Caregivers must attend this family event.*


 **WINTER BOWLING TEAM:** Tuesdays, 2/18, 2/25, 3/4, 3/11, 3/18, 3/25, 4:30-6pm, Free. This bowling team is for all skill levels. Have fun making friends and candlepin bowling. **Location:** Gardner Candlepin Bowling, 123 Main St. **Registration required:** Contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057. *Caregivers must attend this family event. Space is limited.*


 **CIRQUE DU SOLEIL:** Thursday, Jan 9. **5:15pm:** Meet at the NQFSC. **5:30pm:** The bus leaves promptly. **7pm:** Show starts. **10:30pm:** Return to NQFSC (approx.). Free. Join us for an extraordinary experience that combines awe-inspiring acrobatics, innovative storytelling, and stunning visual artistry. **Destination:** DCU Center, 50 Foster St., Worcester. **Registration required. Individuals may attend with one caregiver:** Contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. *Space is limited.*


 **LAUNCH SPACE POTTERY CLASS:** 3rd Thursdays, monthly, 1/16, 2/20, 3/20, 4/17, 6-8pm, Free. Join us for a private pinch pottery class at Launch Space. This class will cater to your skill level, whether you're a novice or an expert. **Location:** 131 W. Main St., Suite 342, Orange, MA. **Registration required:** Contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. *Please talk to NQFSC staff with any questions about 1:1 support needs. Space is limited.*


 **NORTH QUABBIN CAREGIVER COFFEE HOUR:** 4th Thursday, monthly, 1/23, 2/27, 3/27, 4/24, 10-11am. Parents and caregivers meet at at Over the Top Bakery to build community connections and share information. Coffee and food provided. **Location:** 90 New Athol Rd., Orange, MA. **No registration required.** Contact Kendra Steucek for more information, ksteucek@sevenhills.org, 508-454-2619.

 **FRIDAY MOVIE NIGHTS!** 4th Friday, monthly, 1/24, 2/28, 3/28, 4/25, 5-6:45pm, Free. We will be hosting movie nights with popcorn, candy, and beverages included! **Location:** NQFSC. **Registration required:** Contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. *Caregivers must attend this family event.*

 **WORCESTER RAILERS HOCKEY FRIDAY:** March 14, **5pm:** Meet at the NQFSC. **5:15pm:** Bus leaves promptly. **7:05pm:** Game starts. **9:45pm (approx.):** We will return to the NQFSC. Free. Join us for an exciting experience that brings us up close to the action of one of America's favorite sports. Fun for all ages. **Destination:** DCU Center, 50 Foster St., Worcester. **Registration required. Individuals may attend with one caregiver:** Contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. *Space is limited.*


 **MONSTER JAM:** Saturday, Feb. 15, **11:15am:** Meet at NQFSC. **11:30am:** Bus leaves promptly. **1:00pm:** Show starts. **4pm (approx.):** We will return to the NQFSC. Free. Join us for an adrenaline-packed experience full of roaring engines, flying dirt, and jaw-dropping stunts featuring trucks launching off ramps, crushing cars, and performing backflips, donuts, and more This is a loud event, so please bring your own ear protection. **Destination:** DCU Center, 50 Foster St., Worcester. **Registration required. Individuals may attend with one caregiver:** Contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. *Space is limited.*


 **WRESTLING CLUB:** Mondays, 1/6, 1/13, 1/27, 2/3, 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 7-8pm, Free. Join Kevin to share favorite WWE wrestling moments, watch matches, and play wrestling trivia. **No registration required.** For questions, contact: Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. bit.ly/ZOOM-WrestlingClub

















 **TERRIFIC TUESDAY TRIVIA:** 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 2-3pm, Free. Join us for trivia fun! **Exclusively for individuals on the Autism Spectrum.** **Registration is required to get the link:** Contact Kendra, ksteucek@sevenhills.org, 508-454-2619.

GREATER LOWELL FSC EVENTS

7 Technology Dr., Ste. 103, Chelmsford, MA • **Contact:** Kristen Tower, ktower@sevenhills.org.

 **CAREGIVER SELF-CARE:** First Monday, monthly, 1/6, 2/3, 3/3, 4/7, 6-7pm, Free. Join other caregivers for a fun activity (TBD) and lots of laughs. **Location:** GLFSC. **Registration required:** Contact Kim Guy, kguy@sevenhills.org.

 **CAREGIVER COFFEE HOUR:** Mondays (biweekly): 1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 4/7, 4/21, 9:30-10:30am, Free. Informal support/community meeting for caregivers. **Location:** Pressed Café, Chelmsford. **Contact:** Kim Guy, kguy@sevenhills.org.

-  **GAMING MEETUP:** 2nd & 4th Monday, monthly, 1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 5-7pm, Free. All levels are welcome for an evening of games. Feel free to bring a game to share. **Location:** GLFSC. **Contact:** jdugas@sevenhills.org.
-  **SERVICE SQUAD:** 1st & 3rd Tuesday, monthly, 1/7, 1/21, 2/4, 2/18, 3/4, 3/18, 10am-1pm, Free. Participate in group volunteer opportunities in and around our community. Projects will vary/TBD. **Contact:** jdugas@sevenhills.org.
-  **FUN TUESDAY: BINGO NIGHT:** 1st Tuesday, monthly, 1/7, 2/4, 3/4, 4/1, 5:30-7pm, all ages, Free. Activities with our staff to promote friendship, social skills, and fun. **Location TBD:** Local Public Library or GLFSC. **Contact:** kguy@sevenhills.org.
-  **FUN TUESDAY: KARAOKE:** 2nd Tuesday of the month, 1/14, 3/11, 4/8, 5:30-7pm, all ages, Free. Come sing your favorite song as a solo, with a partner or group. or just to listen and enjoy. **Location TBD:** Local Public Library or GLFSC. **No registration required.** **Contact:** kguy@sevenhills.org.
-  **FUN TUESDAY: ART SOCIAL:** 3rd Tuesday, monthly: 1/21, 2/18, 3/18, 4/15, 5:30-7pm, all ages, Free. Weekly activities with our FSC staff to promote friendship, social skills, and fun. **Location:** GLFSC. **Contact:** kguy@sevenhills.org.
-  **FUN TUESDAY: GAME NIGHT:** 4th Tuesday, monthly, 1/28, 2/25, 3/25, 4/22, 5:30-7pm, all ages, Free. Weekly activities with our FSC staff to promote friendship, social skills, and fun. **Location:** GLFSC. **Contact:** kguy@sevenhills.org.
-  **PARENT NETWORKING:** 3rd & 4th Tuesday, monthly, 1/21, 1/28, 2/18, 2/25, 3/18, 3/25, 4/15, 4/22, 5:30-7pm, Free. Parents and caregivers, this is a great space to ask questions, share concerns, and learn about information and resources for your family. Runs during Fun Tuesdays. Your loved one can enjoy a fun activity while you chat with other parents/caregivers and GLFSC staff. **Location:** GLFSC. **No registration required.** **Contact:** kguy@sevenhills.org.
-  **FAMILY TRIP TO HARLEM GLOBETROTTERS:** Tuesday, Feb. 11, 5:30-9:30pm, all ages, Free. Join our trip to see the Harlem Globetrotters! Meet at the GLFSC. Transportation will be provided to the game at Tsongas Center, Lowell. *Space is limited.*
-  **WORKSHOP WEDNESDAYS: VISION BOARDS:** Wednesdays in January 1/8, 1/15, 1/22, 1/29, 10am-Noon, Free. Let's set goals and get creative while making our own Vision Boards. **Location:** GLFSC. **Contact:** jdugas@sevenhills.org.
-  **WORKSHOP WEDNESDAYS:** Wednesdays in February, March, & April, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 10am-Noon, Free. Let's explore some new hobbies with new workshop themes every month! We hope to try cooking, photography, and more! Send us your ideas/suggestions. **Location:** GLFSC. **Contact:** jdugas@sevenhills.org.
-  **PLANTS & PIZZA:** Friday, January TBD. 6-9pm, ages 16+, Free. Enjoy a succulent potting workshop run by The Green Thumb 978, and pizza. **Location:** GLFSC **Registration required:** Please contact us to see if this is a good fit for you/your loved one.
-  **PASTA & PAINTING:** Friday, 2/21, 6-9pm, ages 16+. Embrace your inner Picasso and join us for a paint night along with delicious pasta for dinner. **Location:** GLFSC. **Registration required.** **Contact:** kguy@sevenhills.org.
-  **GLOW PARTY:** Friday, March, please watch for details, 6-9pm, ages 16+. Put on your dancing shoes and grab your glow sticks because we are going to party the night away! **Location:** TBD. **Registration required.** **Contact:** kguy@sevenhills.org.
-  **JUNIOR EXPLORERS:** 2nd Wednesdays, monthly, 1/8, 2/12, 3/12, 4/9, 4-5pm, ages 10 & under. Join us for an afternoon of fun, learning, and exploring with topics like colors, senses, nature, and more! We will be practicing transitions, turn taking, and collaborative play skills while crafting, singing, dancing, playing games, and listening to stories. **Location:** GLFSC. **Registration required. Caregivers are required to stay and assist when necessary.** **Contact:** kguy@sevenhills.org.
-  **BOOK BUDDIES:** 1st Saturdays, monthly, 1/4, 2/1, 3/1, 4/5, 10am-Noon, Free. Meet at the library to make friends and network with other families. **Location:** Chelmsford Library, 25 Boston Rd. **No registration required.** **Contact:** kguy@sevenhills.org.
-  **MARVEL VS DC:** Wednesdays, weekly, 6-7:30pm, Free. 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

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COMING THIS SPRING AT GLFSC: MAY: Family Trip to Franklin Park Zoo
JUNE: Night Out at Little Shop of Horrors, Greater Boston Stage Company • STAY TUNED!

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RCR Respite: Are you caring for a family member or loved one?

REJUVENATE: CUSTOMIZED RESPITE (RCR) IS NOW BEING OFFERED TO CAREGIVERS

Funding from the Commonwealth's Executive Office of Health and Human Services Respite Innovations Grant will enable Seven Hills Family Services to expand respite services through Rejuvenate: Customized Respite (RCR) Program.

Our Rejuvenate Customized Respite Program provides an innovative respite solution, which allows each caregiver the flexibility to identify and access the respite option that they desire. All respite options provide much needed and deserved breaks, because caregivers need breaks to be the best caregiver that they can be.

All Respite activities will use a person-centered approach where each family supported will have a plan created based upon their individual respite needs, preferred activities and chosen timeframe.



Space is limited.
For more information, email:
respite@sevenhills.org, or take our
Survey by scanning the QR code.

 **Seven Hills**
Family Services



**GET IN ON THE ACTION
AS A COACH, PARTNER, OR
VOLUNTEER**

**IMPACT AN INDIVIDUAL,
A TEAM, A SEASON!**

Contact Xandra Bouray, 774.688.4095, xbourays@sevenhills.org.

Pride

A Publication of the Seven Hills Family Services Family Support Centers

Winter 2025: What's Inside:

Cover story: "Giving Back through Team Building Supports Family's Fresh Start; FSC Directory; Registration Information; Stay Connected with Social Media; Transition Trainings; Recreation Department Happenings; Regional Family Support Center Events; and more!

Pride

PRIDE Winter 2025

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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SAVE THE DATE

New Beginnings
CHARITY GOLF TOURNAMENT

May 22, 2025

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, May 22, 2025!