



Transition to Adulthood: Build the Excitement with a Solid Plan



It would be an exhausting challenge to find a student who wanted their education to last forever. For most high school students, the light at the end of the tunnel is nearly blinding, as plans are underway for college, employment, or alternative options. For students with developmental disabilities enrolled in special education, the light at the end of the tunnel can flicker as parents/guardians and the students, themselves, struggle with the journey through the Transition tunnel—the long and arduous process of methodically and legally transitioning to adult services through the Massachusetts Department of Developmental Services (DDS). Also known as Turning 22, this major milestone looms large on the horizon for any parent or guardian navigating the timeline of “To-Dos” that need to be done by the time a child turns 18—the “age of majority”—and the steps that follow to become eligible

for the future opportunities DDS has developed to help them lead fulfilling and rewarding lives.

It's a Team Effort

Fortunately for families in central Massachusetts, the Transition Planning Process is a team effort. Seven Hills Family Services has two DDS-funded Family Support Specialists with a concentrated expertise in Transition Services. **Ida Avoryie** and **Eliana Agudelo** are experienced in the nuances of transition protocol, from DDS eligibility to legalities and person-centered planning. Ida and Eliana are available to work one-on-one with you during the steps in your child's personal planning process. On a broader scope, they partner with area school districts to provide and guide supports for the process along the timeline. Individuals and families also have access to frequent live trainings,

a library of archived material, networking opportunities, and connections to the latest resources at any of our Family Support Centers.

Tackling the Timeline: Taking the First Steps

The ideal age to start your child's Transition planning is after their 13th birthday. Think of it as a soft launch. In the SHFS brochure, [*Your Transition-Age Child: Preparing for Adulthood—Ages 13-17*](#), the timeline suggests attending a Transition workshop. Check out the [Calendar - Seven Hills Foundation](#) or the Family Support Center Video Trainings at <https://www.sevenhills.org/family-training-videos> for more information.

Don't Fret if You Haven't Started Yet

A Transition Timeline is a guide to help you break down the planning process and avoid becoming overwhelmed.

If you're just getting started, or feel you need to get back on track with your child's Transition planning, contact our Family Support Center Transition Specialists:

Ida Avoryie, 508-579-8786,
iavoryie@sevenhills.org

Eliana Agudelo, 774-241-2520,
eagudelo@sevenhills.org

There are certain milestones that you legally must meet; however, taking the information in stride will keep you on pace and your child well on their way to enjoying young adulthood—the next, exciting phase in their life.

FAMILY SUPPORT CENTER DIRECTORY

Seven Hills Family Services Family Support Team

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North Central Family Support Center

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978.632.4322

Senior Family Support Specialist

Gina Bernard, gbernard1@sevenhills.org

Family Support Specialist–Transition

Ida Avoryie, iavoryie@sevenhills.org

Family Support Specialists

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South Valley Family Support Center

208 Charlton Road, Sturbridge, MA
774.241.2500

Senior Family Support Specialist

Elizabeth Carroll, ecarroll@sevenhills.org

Family Support Specialist–Transition

Eliana Agudelo, eagudelo@sevenhills.org

Family Support Specialists

Jayne Bowler, jbowler@sevenhills.org
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North Quabbin Family Support Center

2280 Main Street, Athol, MA
508.826.4003

Senior Family Support Specialist

Linda Wilson, liwilson@sevenhills.org

Family Support Specialist

Penny Boutin, pboutin@sevenhills.org

Greater Lowell Family Support Center

7 Technology Drive, Chelmsford, MA, Units 101 & 103
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Senior Family Support Specialist

Sandra Tineo, stineo@sevenhills.org

Family Support Specialists

Sara Cohen, scohen@sevenhills.org
Pam Curran, pcurran@sevenhills.org
Theresa Bergazzi, tbergazzi@sevenhills.org

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

FAMILY SUPPORT CENTER TRAININGS

REGISTRATION: Registration is required to receive the ZOOM meeting link. Due to the virtual nature of these trainings, you may attend outside of your typical geographical region. For more information, please contact the event's Family Support Center Host.

North Central Virtual Transition Information Fair

**September 30, 2021
5:30 – 7:30pm**

Join us for an informative virtual Transition Fair **featuring Keynote Speaker Cheryl Ryan Chan**. The Transition Information Fair is a collaboration between the Department of Developmental Services North Central and Seven Hills Family Services North Central Family Support Center.

A zoom link and registration information will be available prior to the event.

For more information, please contact Ida Avoryie at iavoryie@sevenhills.org.



Cheryl Ryan Chan

is Mom to Nicky, a 27-year-old man severely impacted by autism. Cheryl has spent 20 years in Massachusetts,

integrating her son and family into the disability community and becoming a well-known leader in community organization, legislative activism, mentoring, and public speaking. She has served on Boards for a number of nonprofit human services providers, mental health providers, and Support Centers. Her work as a Person-Centered Planning facilitator began in 2010, and has become her greatest passion.

Upcoming Transition Trainings

TRAINING ON SOCIAL SECURITY INCOME (SSI)

Monday, 10/25, Noon-1:30pm, bit.ly/ZOOM_SSItrain

Sabrina Feliciano, public affairs specialist for the Social Security Administration, will present on Social Security Income (SSI), including what it is, who is eligible, and how to obtain benefits. Hosted by North Central and South Valley.

TRAINING ON ESTATE PLANNING

Monday, 11/29, Noon-1:30pm, bit.ly/ZOOM_EstatePlan

Tom Alessi and Craig Richardson of The Moody Street Group will present on estate planning, special needs trusts, and other opportunities for future financial planning. Hosted by North Central and South Valley.

HEALTHCARE PROXY VS. GUARDIANSHIP

Monday, 1/31/22, Noon-1:30pm, bit.ly/ZOOM_ProxyGuardian

Medical Ethicist Betsy Johnson of DDS will be presenting on the power of healthcare proxy and will discuss the intricacies of healthcare proxy and guardianship. Hosted by North Central and South Valley.

HELPFUL HINTS FOR CARETAKERS AND PARENTS OF ADULTS WITH ASD

Tuesday, 10/19, 6:00pm, bit.ly/ZOOM_HelpfulHints

Being a caretaker or a parent of a child with ASD definitely has its challenges, but once your child becomes an adult, there are a new set of challenges. Come to this informative session that offers simple tips for supporting them while they are trying to figure out this new world. Hosted by South Valley.

COMPENSATORY SERVICES DURING COVID-19

Friday, 10/8, 5:00pm, bit.ly/ZOOM_CompensatoryServices

This workshop will address compensatory services during COVID-19 for students with disabilities. Learn and ask questions about how districts determine if children with disabilities need compensatory services due to the unexpected school closures because of COVID-19. This workshop will describe the range of compensatory services still available to address disruptions during the 2019-2020 school year and the 2020-2021 school year, the steps to determine the need for services for individual students, the importance of including parents in the discussion, and strategies to support parents. Hosted by South Valley and North Central.

RECREATION DEPARTMENT HAPPENINGS



Just Us Women

One Friday per month, from September 2021 – May 2022, 6:30-8:30pm An extension of our very popular Just Us Girls program, Just Us Women is a group designed to create new friendships and learn about important topics while enjoying each other's company during dinner. The group's interests drive the topics and event-planning, and include self-determination, goal-setting, healthy relationships, personal wellness, and community engagement. **Location:** Seven Hills, 799 West Boylston St. **Cost:** \$265 for the entire year; ongoing registration. **Please note:** Limited space is available. A commitment to the entire year is required.



Just Us Girls

Two Saturdays per month, from September 2021 – May 2022; Ages 10-14, 10am-Noon; Ages 15-19, 1-3pm Join this unique and fun skills-development program for adolescent girls. Create new friendships while learning important topics such as self-awareness, self-determination and goal setting, building healthy relationships, encouraging healthy behaviors and lifestyles, personal health and safety, and participating in a community service project. The goal of Just Us Girls is to build, strengthen and support the development of healthy, confident girls. **Location:** Seven Hills, 799 West Boylston St. **Cost:** \$50, ongoing registration. **Please note:** Limited space is available. A commitment to the entire year is required. The program is funded primarily by the United Way's Womens Initiative grant.



S.O. Flag Football

Sundays, 10am-Noon, 8/29 – 11/28, \$50 donation. Another exciting season is on the horizon for our defending State Flag Football CHAMPS, the Seven Hills Shamrocks! The sport promotes team play, friendships, health & fitness, and decision making. **Enrollment is at capacity for our team vying for a spot to Nationals in Orlando, FL, Summer '22.**



S.O. Soccer

Sundays, September – November, 10am-Noon, \$25 donation. Come kick it with us while we learn team play, gain friendships, and improve our agility and decision-making skills **Location:** Connie Mack Practice Field, 266-278 Green Hill Pkwy, Worcester.



Basketball Skills and Drills

TBD, January – March 2022, \$25 donation. Beginner athletes will learn the game of basketball, developing fundamentals on the court. Athletes will work on the basics of dribbling, passing, and achieving team goals.



S.O. Basketball

Sundays, TBD, December 2021 – March 2022, \$50 donation. Be the triple threat...shoot, pass, dribble, drive! Get back on defense and be the stopper.



Zumba

Tuesdays, 10/19, 10/26, 11/2, 11/9, 11/16, 6-7pm, Zumba makes fitness fun, combining Latin-style dance moves with pop hits of today. Come sweat it out and feel the power of movement bring smiles and laughter to your soul. Don't forget your sneakers, water bottle, and a towel because there ain't no stopping us now, we're on the move.

Location: Seven Hills Family Support Center, 1460 John Fitch Hwy., Fitchburg, MA **Cost:** \$30.

We welcome individuals of all abilities to join our programs!



Halloween Cupcake Decorating

Thursday, 10/14, 6-8pm, Come decorate ghoulish treats with the Recreation team. Costumes optional. Feel free to dress as your favorite food or Halloween classic. All food supplies will be provided. Please inform us of allergies when signing up. **Location:** Seven Hills Family Support Center, 208 Charlton Rd., Sturbridge, MA **Cost:** \$35.



Fall Cupcake Decorating

Thursday, 11/11, 6-8pm, Sweet treats for your harvest as an early prep for your Holiday festivities. We bring another fantastic time for fun as we decorate a bouquet of fall-themed goodies. All food supplies will be provided. Please inform us of allergies when signing up. **Location:** Seven Hills Family Support Center, 208 Charlton Rd., Sturbridge, MA **Cost:** \$35.



Re-Create

Every Tuesday from 9/7 – 12/28, 3-4pm, bit.ly/RD21-Recreate, **free**. Whether you like to 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.



Equipment Challenge

Every Tuesday from 9/14 – 12/27, 11-11:30am, bit.ly/RD21-Equipment, **free**. Do you have a piece of fitness equipment collecting dust? Now is the time to give it a spray and wipe down. We are going to gear up for an intense 30 minutes of sweaty madness. Let's get that heart rate up to burn, burn, burn. Don't forget the water, towel and a fierce workout attitude.



Health and Fitness

Every Wednesday, 9/15 – 11/16, 1-2pm, bit.ly/RD21-HealthFitness, **free**. This group will discuss many topics and techniques to exercise better and how what you eat affects your overall health. We will be joined by a Special Olympics rep to review exercises and healthy living via their Fit 5 program.



Top Pop Dance Party

Thursday, 9/16, 6-7pm, bit.ly/RD21-TopPopDance, **free**. Get your moves dialed in because we are going to get down to some funky sounds. We will be movin' and groovin' to today's top pop hits so make sure you're ready.



November Dance Party

Thursday, 11/18, 6-7pm, bit.ly/RD21-DisneyDance, **free**. Join us as we bring Disney songs to life. Dress up and sing along to your favorite songs from popular movie titles. Have a party with your friends and enjoy the magic of Disney.



Double Dare

Thursday, 12/16, 6-7:30pm, bit.ly/RD21-DoubleDare, **free**. Your two favorite hosts are back for a special end-of-2021 edition of the most talked about Zoom game show to come out of Seven Hills. We are proud to again provide the silliest and zaniest, face-full-of-pie hysterics that only we know how to pull off.

For questions or more information, please contact Bradley Ayotte, 508.796.1861 or bayotte@sevenhills.org.


NORTH CENTRAL FAMILY SUPPORT CENTER EVENTS

Join Us for In-Person and Virtual Events!

We are excited to be offering a variety of in-person and virtual events. For our in-person events, masks and social distancing will be required. Please note that if your loved one can not wear a mask for the duration of the activity, we will understand if you have to leave early. Due to the virtual nature of these Family Support Center events, you may attend outside of your typical geographical region.



If you are excited for an in-person activity, reserve your spot today! Look for this icon  to learn more!

Zoom your way through these pages to find our latest virtual activities. Look for this icon  to learn more!



Virtual Events

MY BREAKFAST CLUB – COOKING CLASS: Every Monday, 10am, free. bit.ly/NC21-Breakfast. Healthy eating ideas for breakfast to get your day started.

SELF-ADVOCACY GROUP: Every Tuesday, 10am, free. bit.ly/NC21-SelfAdvocacy. Participate in a group discussion about learning to advocate for you needs and goals.

LUNCH BUNCH: Every Wednesday, bit.ly/NC21-LunchBunch, free. There is always a BUNCH to talk about during Lunch Bunch. What keeps you happy during the week? What is your favorite song and movie? Let's Chat!

FRIENDSHIP CIRCLE: Wednesdays, 9/15, 10/20, 11/17, 12/15 Noon, bit.ly/NC21-LunchBunch, free. Want to practice skills to be a good friend - join the group where we invite Allison from Successfully Social to join us and teach us some fun ideas on keeping meaningful relationships in our life.

Stay Up To Date

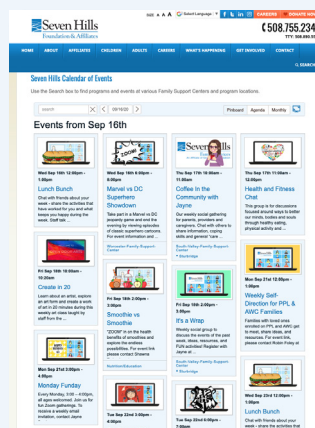
Information at the Family Support Centers is changing daily, so please be sure to check out our Facebook page or Events Calendar:



[FACEBOOK.COM/
SHF.FAMILYSUPPORTCENTERS](https://FACEBOOK.COM/SHF.FAMILYSUPPORTCENTERS)

Seven Hills Events Calendar:

SEVENHILLS.ORG/WHATS-HAPPENING/CALENDAR



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



In-Person Events

SATURDAY PARENT GROUP: 10/2, 11/6, 12/4, 10–11am, Free. This group, held at the Center, offers conversation and support—and a great opportunity to ask questions and share resources.

GIRLS SOCIAL: Saturdays, 9/11, 9/25, 10/2, 10/16, 11/6, 11/20, 10am-Noon, Ages 16+, \$25. Come hang with your peers at the local Coffee shop where we can support each other and make new friends. Allison Marean from Successfully Social will be hosting the group. **Location:** Smoke Roasters, 39 Mass Ave., Lunenburg.

COMMUNITY MOVIE AND DINNER: Friday, 9/17, 5-9:30pm, \$35. Enjoy a night out for dinner and a movie with friends. Meet up at King Buffet in Fitchburg; during dinner, guests will vote from a choice of 3 movies being offered at Cinema World next door. Registration is required since space is limited. Ages 16+. Contact Kathy Black at kblack@sevenhills.org **Location:** Cinema World, 476 John Fitch Highway, Fitchburg, MA.

BOWLING: Fridays, 10/1, 10/8, 10/15, 10/22, 10/29, 5-6:30pm, \$30. Teams will meet at Mason Bowling and Recreation Center for some Friday Night Fun. Contact Kathy Black at kblack@sevenhills.org. **Location:** Mason Bowling and Recreation Center, 640 N. Main St., Leominster.

HOLIDAY SOCIAL: Thursday, 11/18, 5-7:30pm, free. Subject to change: Friends and family are welcomed to register for this year's holiday gathering. Contact Kathy Black at kblack@sevenhills.org. **Location:** Leominster Veterans Memorial Center, 100 West St.



Hybrid Events: Virtual & In-Person

THURSDAY SOCIAL: GAME NIGHT: Thursdays, 9/2, 10/7, 11/4, 12/2, 5:30-6:30pm, free. bit.ly/NC21-ThursSocial An opportunity to be with friends and enjoy a variety of games both at the Center and virtually.

THURSDAY SOCIAL: MUSIC NIGHT: Thursdays, 9/9, 10/14, 11/11, 12/9, 5:30-6:30pm, free. bit.ly/NC21-ThursSocial What is your jam? Let's play fun music and share our moves with friends at the Center and virtually.

THURSDAY SOCIAL: HEALTHY LIVING: Thursdays, 9/16, 10/21, 12/16, 5:30-6:30pm, free. bit.ly/NC21-ThursSocial Learn how to manage the upkeep of a home: Budgets, cleaning, cooking, schedules, and so much more to discuss with your friends. This will be offered at the Center and virtually for all to participate.

THURSDAY SOCIAL: EXPLORING THE ARTS: Thursdays, 9/23, 10/28, 11/25, 12/23, 5:30-6:30pm, free. bit.ly/NC21-ThursSocial Express yourself through the ARTS! Join the group for a night of exploring your connection to the ARTS. Guest will be welcomed at the Center and virtually.

THURSDAY SOCIAL: PARENT SUPPORT GROUP: Every Thursday, 5:30-6:30pm, free. bit.ly/NC21-ParentGroup This group, held at the Center and virtually, offers conversation and support—and a great opportunity to ask questions and share resources.

Registration for All Events

Registration will be required for all events hosted by the Family Support Centers. To learn more about the events or to register, please contact the hosting Family Support Center.

SOUTH VALLEY FAMILY SUPPORT CENTER EVENTS



Virtual Events

MONDAY FUNDAY: 9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13, 1/10, 3-4pm, bit.ly/SV21-MonFun, free. What will it be today...music, movie, Mad Libs, maybe? That is the mystery; one lucky person will shake the Magic 8 ball to decide! To learn more, contact Jayne Bowler at jbowler@sevenhills.org.

MONDAY FUNDAY WITH MIKE LEO: 9/20, 10/18, 11/15, 3-4pm, bit.ly/SV21-MonFun, free. Mike Leo and his unique rhythms will feature as special guest, please register through the Monday Funday link. To learn more, contact Jayne Bowler at jbowler@sevenhills.org.

MOVIE CLUB: Tuesdays, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14, 12/21, 12/28, 6pm, bit.ly/SV21-Movie, free. Join your friends to watch a movie and enjoy a discussion afterward. To learn more, contact Noel Grajales at ngrajales@sevenhills.org.

MARVEL VS DC: Every Wednesday, 9/1 – 12/29, 6-7pm, bit.ly/SV21-Marvel, free. Love Super Heroes? Join us for a fun trivia night with short clips, comic book culture, and good friends! To learn more, contact Noel Grajales at ngrajales@sevenhills.org.

BRAVE YOGA: Wednesdays, 9/8, 9/22, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15, 12/29, 1/5, 7:30pm, Ages 12+, bit.ly/SV21-BraveYoga, free. Lisa Irvine from Brave Yoga joins us for Mindfulness and Yoga. Lisa is committed to sharing the practice of yoga in an adaptive and nurturing way to improve the well-being of ALL individuals. We do this by practicing yoga in group Zoom sessions, and educating others about the many benefits of yoga and mindfulness. To learn more, contact Jayne Bowler at jbowler@sevenhills.org.

GIRLS ALOUD: Thursdays, 9/8, 9/23, 10/7, 10/21, 11/4, 11/18, 12/2, 1/6, 3pm, Ages 18+, bit.ly/SV21-GirlsAloud, free. Join us for our "Girls Aloud" group, which focuses on making friends and building friendships through music, art, baking, and other fun activities for girls. To learn more, contact Jayne Bowler at jbowler@sevenhills.org.

ANIME CLUB: Fridays, 9/10, 9/17, 10/8, 10/15, 11/12, 11/19, 12/10, 12/17, 4-6pm, bit.ly/SV21-Anime, free. Join us to watch classic Anime as well as some more modern Anime movies. We will also discuss different shows and Manga so everyone can find someone with similar interests. To learn more, contact Noel Grajales at ngrajales@sevenhills.org.

IT'S A WRAP: Fridays, 9/10, 9/17, 9/24, 10/1, 10/8, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 1/7, 2-3pm, Ages 16+, bit.ly/SV21-ltsaWrap, free. Thank goodness it's "Friyay!" Join Jayne to wrap up the week—we'll chat about how our week has been and end our sessions with everyone's favorite "Jeopardy." To learn more, contact Jayne Bowler at jbowler@sevenhills.org.

Autism-Specific Events

TERRIFIC TUESDAY TRIVIA: Every Tuesday, 9/7 – 12/28, 2pm, bit.ly/SV21-Terrific, free. Jeopardy-style with topics of interest and/or themes...who knows what "May the 4th be with you" is in reference to? :-). To learn more, contact Noel Grajales at ngrajales@sevenhills.org.

FUN FRIDAYS: Friday, 9/3 – 12/17, 2pm, bit.ly/SV21FunFri, free. A fun way to start your weekend! :-). Pictionary, Scrabble, Cards Against Humanity (PG-Style), etc. To learn more, contact Noel Grajales at ngrajales@sevenhills.org.



In-Person Events

FIGURE IT OUT: Mondays, 9/13, 9/20, 9/27, 5-6:30pm, free. Team-based Charades and Pictionary to test your wit! **Registration required:** Contact Noel Grajales at ngrajales@sevenhills.org. **Location:** SVFSC.

NOT-SO-BOARD-GAMES: Mondays, 10/4, 10/18, 10/25, 5-6:30pm, free. Play nostalgic and classic board games. **Registration required:** Contact Noel Grajales at ngrajales@sevenhills.org. **Location:** SVFSC.

CHALLENGE DAY!: Mondays, 11/1, 11/8, 11/15, 11/22, 11/29, 5-6:30pm, free. Team-based trivia. Work together to answer questions from our Question Master. **Registration required:** Contact Noel Grajales at ngrajales@sevenhills.org. **Location:** SVFSC.

CARD SHARKS: Mondays, 12/6, 12/13, 12/20, 5-6:30pm, free. Play traditional card games like Go Fish and UNO. **Registration required:** Contact Noel Grajales at ngrajales@sevenhills.org. **Location:** SVFSC.

COFFEE IN THE COMMUNITY: Thursdays, 9/2, 9/16, 9/23, 9/30, 10/14, 10/21, 10/28, 11/11, 11/18, 12/9, 12/16, 10am, free. Our weekly social gathering for parents, providers, and caregivers. Chat with others to share information, coping skills, and general "care in the community." All are welcomed. Contact Jayne Bowler at jbowler@sevenhills.org. **Location:** Cedar Street Café, 420 Main St, Sturbridge, MA 01566

TRANSITION TALKS: Thursdays, 9/9, 10/14, 11/11, 12/9, 1/13, 5-6pm, free. A support group for family and caregivers of transition-aged individuals, with a DDS representative to help answer your questions. Contact Eliana Agudelo for more information at eagudelo@sevenhills.org. **Location:** Dunkin Donuts, 386 E. Main St., Southbridge

TIE-DYE PARTY: Saturday, 9/4 (rain date is 9/6), 3pm, free. This outdoor activity allows time to be creative and have some colorful fun! Bring your own shirt (or other white-fabric clothing item); all other materials will be provided. Contact Eliana Agudelo for more information at eagudelo@sevenhills.org. **Location:** SVFSC.



Hybrid Events: Virtual & In-Person

CARDMAKING: Wednesdays, 10/20, 11/10, 12/8, 6:30pm, bit.ly/SV21-Cardmaking, free. Join us for a hybrid cardmaking group where you can meet with friends or tune in on Zoom to make cards for different occasions. Supplies are limited! Contact Eliana Agudelo for more information at eagudelo@sevenhills.org. **Location:** SVFSC.

HOLIDAY PARTY: Saturday, 12/11, 10am-1pm, \$10. Please join us for the South Valley holiday party! featuring Mike Leo, Rick and Judy West, crafts, food, and fun! Also available on bit.ly/SV21-HolidayParty if you can not attend in person. Space is limited; you must register in advance! Ugly sweaters encouraged! **Registration required:** Contact Jayne Bowler at jbowler@sevenhills.org. **Location:** SVFSC.

Thank you for Your Support!

Seven Hills is profoundly grateful for your unwavering connection to the people we support and the New Beginnings they experience because of you.

Save the Date for the 34th New Beginnings on May 26, 2022!



NORTH QUABBIN FAMILY SUPPORT CENTER EVENTS

2280 Main Street, Athol, MA • For questions or more information, please contact:
Linda Wilson, 508.826.4003, LiWilson@sevenhills.org



Virtual Events

WRESTLING CLUB: Every Monday, 9/13 – 12/20, 7-8pm, bit.ly/NQWrestling, free. Wrestling Fans Unite! Join our friend, Kevin, to talk about your favorite wrestling moments.

TRANSITION INFORMATION TRAINING: Thursday, 10/21, 1-2:30pm, bit.ly/NQTransTrain, free. Please join us for an informational training on the Transition process from child into adult services. Johanne Pino from Mass Advocates will virtually guide you through the process and answer any questions you may have.



In-Person Events

ICE CREAM SOCIAL: Monday, 9/20, 3:30-5pm. Join us with family and friends for an Ice Cream Social.
Cost: \$2 per person. **Location:** NQFSC

APPLE PICKING: Monday, 10/18, 3:30-5pm. Join us at Red Apple Farm for a fun day of apple- and pumpkin-picking.
Cost: \$5 per person. Scholarships available. **Registration required:** Contact Linda Wilson at liwilson@sevenhills.org or call 978.602.8805. **Location:** Red Apple Farm, 455 Highland Ave., Phillipston.

KINDNESS QUEST: Monday, 11/15, 3:30-5pm. Join us for our first annual Kindness Quest. We will be putting together baskets to deliver to families in need for the upcoming holidays. We ask that each family attending bring one non-perishable food item. All other supplies will be provided. If you know someone in need in our community, please contact Linda Wilson at liwilson@sevenhills.org prior to this event. **Cost:** One non-perishable food item per family attending. **Location:** NQFSC

ORNAMENT AND CRAFT MAKING: Monday, 12/13, 3:30-5pm, free. Join us at the Family Support Center for a fun afternoon of ornament and craft making for the upcoming holiday season. **Location:** NQFSC.



Hybrid Events: Virtual & In-Person

WEDNESDAY SOCIAL WITH FRIENDS: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15, 12/22, 5-6:30pm, bit.ly/NQ-WedSocial, free. Join us on Wednesday evenings from 5-6:30 pm at our Athol Family Support Center for a night of activities with your friends. Included will be paint night, trivia, music and movement, and game night. Activities will also be available virtually. **Please Note:** In-person limit is 10. **Registration required:** Contact Linda Wilson at liwilson@sevenhills.org or call 978.602.8805.

PARENT COFFEE TALK: Saturdays, 9/25, 10/30, 11/20, 12/18, 10-11am, bit.ly/NQ-ParentCoffeeTalk, free. Join us with other parents in the community for coffee and a chat! We will exchange resources, play games, and just enjoy each other's company. **Registration required:** Contact Linda Wilson at liwilson@sevenhills.org or call 978.602.8805. **Location:** NQFSC.

GREATER LOWELL FAMILY SUPPORT CENTER EVENTS

7 Technology Drive, Chelmsford, MA, Units 101 & 103 • 978.560.5750 • For questions or more information, please contact: Sandra Tineo, 508.579.8995, STineo@sevenhills.org

Virtual Events

IT TAKES A VILLAGE: First Tuesday of the month, 9/7, 10/5, 11/2, 12/7, 6-7:00pm, bit.ly/GL21-TakesVillage, free. Just for us parents, this Zoom meeting will offer a great space to share questions, concerns, and learn about information and resources for your family.

MARVEL VS. DC: Every Wednesday*, 9/1 – 12/29. *There will be no event 11/24 prior to Thanksgiving, 6-7:30pm, bit.ly/SV21-Marvel, free. Love Super Heroes? Join us for a fun trivia night, with short clips, comic book culture, and good friends!

JUST FOR FUN: Alternate Saturdays*, 9/4, 9/18, 10/2, 10/16, 10/30, 11/13, 12/4, 12/18. *There will be no event 11/27 following Thanksgiving, 10-11am, bit.ly/GL21-JustForFun, free. Spend a Saturday morning trying a simple craft, art project, fun recipe, and other engaging activities.

In-Person Events

FUN TUESDAY: Every Tuesday, 9/7 – 12/28, 5-6:30pm, Ages 18+, free. Enjoy weekly activities with our FSC staff to promote friendship, social skills, and fun. **Location:** GLFSC.

LET'S GET ORGANIZED: Tuesday, 9/14, 5-6:30pm, free. This Family Ties workshop presents participants with organizational methods/materials in order to have all family paperwork readily available. **To register, contact:** Sandra Tineo, 508.579.8995, STineo@sevenhills.org **Location:** GLFSC.

PARENT SOCIAL: Every Tuesday, 9/7 – 12/28, 5-6:30pm, free. Parent networking. **Location:** GLFSC.

IEP TRAINING: Tuesday, 10/12, 5-6:30pm, free. IEP basics presented by the Federation for Children with Special Needs. **To Register, contact:** Sandra Tineo, 508.579.8995, STineo@sevenhills.org **Location:** GLFSC.

DTA ALL AROUND PROGRAMS PRESENTATION: Tuesday, 11/16, 5-6:30pm, free. The Department of Transitional Assistance (DTA) will be visiting our center to provide information on all their programs. Learn more about their options for employment, community access, and healthy eating. **To register, contact:** Sandra Tineo, 508.579.8995, STineo@sevenhills.org **Location:** GLFSC.



CREATIVITY & CONNECTIONS
A Meetup Group for Adult Survivors of Brain Injury

Creative Minds Art, Music and Community Programs for Survivors of Acquired and Traumatic Brain Injury:

Art!! Seven Hills Family Services is proud to host another year of Creative Minds! We will be hosting IN PERSON Art Programs at Worcester Art Museum beginning on 9/25 and continuing monthly through June 2022. Sessions include a meet & greet brunch, followed by a short museum tour & 1-hour art session. Please contact Noreen to join one or all of our free sessions.

Music!! Free ZOOM Jam Sessions with Lauren Carey. Third Wednesday of each month 6-7pm. Starting 9/15.

Community Outings!! This year's offerings are still coming together and will be announced shortly with the first taking place in September/October. Past outings have included arena baseball, Tower Hill Botanical Gardens, a comedy night, as well as Trans Siberian Orchestra at the DCU Center.

Please note transportation is available for those with no access to it. Contact Noreen at nalves@sevenhills.org or 978.230.1982 for more information.



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Pride

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES FAMILY SUPPORT CENTERS

Fall 2021: What's Inside:

Transition to Adulthood: Build the Excitement with a Solid Plan, Family Support Center Directory, Family Support Center Trainings, Recreation Department Happenings, Family Support Center Events, and more!



Pride

PRIDE Fall 2021

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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VIRTUAL HALLOWEEN DANCE PARTY

10.22.21

bit.ly/SHFS-Halloween21