



Pride

A PUBLICATION OF THE SEVEN HILLS FAMILY SUPPORT
CENTERS MAKING COMMUNITY CONNECTIONS

Winter 2026



Family Support Center staff members gather at the Hope Food Pantry in Athol to volunteer

Leading by Example: Family Support Center Staff Empowers Families to Connect and Thrive

At Seven Hills Family Support Centers (FSCs), our mission is to uplift individuals with disabilities and their families by connecting them with community resources and a wide range of integrated supports.

Our goal is simple, yet profound:
To help every person achieve a full and meaningful life.

The statewide network of Family Support Centers is funded by the Massachusetts Department of Developmental Services (DDS). The FSCs are operated by DDS-designated health and human services agencies throughout the Commonwealth.

Seven Hills' FSCs serve four strategic regions: North Central, South Valley, North Quabbin, and Greater Lowell. Each Center is staffed with

dedicated Navigators who work with families to address immediate challenges and plan for long-term success. Our expertise includes:

- Individualized support & advocacy
- Education on systems of care, public benefits, & funding
- Friendship & relationship-building
- Transition to adult supports
- Assistive & Remote Support Technology
- Adults with autism spectrum disorders
- Cultural & linguistic competency

Seven Hills' FSC staff values the power of partnerships and regularly gives back to our loyal community of supporters and resources. It is through their own action that FSC teams spotlight the channels of

navigation necessary to reach goals and build a solid foundation for a lifetime of success.

Whether navigating services, creating strategies, or exploring opportunities, our team is your partner in this journey. Together, we're building stronger families and more inclusive communities—one step at a time.

HELPFUL RESOURCE LINKS

Dept. of Developmental Services:
[Eligibility Forms](#)

Supplemental Nutrition Assistance Program: [SNAP](#)

Social Security Administration (SSA):
[Social Security & SSA Forms](#)

Work Without Limits: [Make a Referral](#)

MassHealth: [Applicant Information](#)

RCAP Solutions Residential Assistance for Families in Transition: RAFT

Common Housing Application for Massachusetts Programs: [CHAMP](#)

Home Energy Assistance Program:
[HEAP \(Fuel Assistance\)](#)

The Attainable® Savings Plan:
[ABLE account](#)

Seven Hills Foundation:
[Adult Family Care](#)
[Family Resource Centers](#)
[Family Support Centers](#)
[Child & Family Behavioral Health](#)

SPED Child and Teen:
[Greater MA Special Needs Events](#)

Federation for Children with Special Needs: [FCSN](#)

MA Dept. of Mental Health:
[Young Adult Resource Guide \(2018\)](#)

Young Adult Mental Wellness Support:
[Speaking of Hope](#)

Family Support Center Directory

Seven Hills Family Services

85 Prescott Street, Worcester, MA 01605

Leslie Courtney, Vice President
lcourtney@sevenhills.org

Gina Bernard, Assistant Vice President
gbernard@sevenhills.org

Noreen Alves, Regional Grant Coordinator,
nälves@sevenhills.org

Dawn Varrichio, Administration Manager
dvarrichio@sevenhills.org

Sarah Khan, Administration Assistant
skhan@sevenhills.org

Denise Rickett, Administration Assistant
dricketts@sevenhills.org

Amber Wongbay, Regional Program Manager
awongbay@sevenhills.org

Recreation Department

Jayne Bowler, jbowler@sevenhills.org

Christopher Ritter, critter@sevenhills.org

North Central Family Support Center

1460 John Fitch Highway, Fitchburg, MA 01420

Jackie Edmands, Director Sr. Support Specialist
Jedmands@sevenhills.org

North Quabbin Family Support Center

2280 Main Street, Athol, MA 01331

Tonya Lanpher, Director Sr. Support Specialist
tlanpher@sevenhills.org

South Valley Family Support Center

5 Optical Drive, 2nd Floor, Southbridge, MA 01550

Elizabeth Carroll, Director Sr. Support Specialist
ecarroll@sevenhills.org

Greater Lowell Family Support Center

7 Technology Drive, Suite 103, Chelmsford, MA 01863

Kristen Tower, Director Sr. Support Specialist
ktower@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 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

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.

NAVIGATING SPECIAL EDUCATION 4-PART SERIES: Mondays, monthly, January to April, 5:30 to 7:00 PM, Free.

Presenter: Beth Doyle. **In-Person for series:** South Valley FSC, 5 Optical Dr., 2nd Fl., Southbridge. **Virtual:** Link provided at registration. Seven Hills is excited to host this four-part series to elevate your understanding of the special education process. Presenter Beth Doyle is the education program manager at the MA Dept. of Developmental Services (DDS) with years of experience supporting families of students with disabilities to be informed and empowered advocates. Beth creates a welcoming space to ask questions, share experiences, and practice strategies. Trainings can be continued as one-on-one consultations with Beth, and will be translated in Spanish. **Registration Contacts:** South Valley FSC: Kim Holstrom, kholstrom@sevenhills.org; Greater Lowell FSC: Kim Guy, kguy@sevenhills.org; North Central FSC: Malissa Wilson, mwilson@sevenhills.org; North Quabbin FSC: Tammy Vivas, tvivas@sevenhills.org; **Bilingual:** Myriam Arpin Lugo, mlugogonzalez@sevenhills.org.

(1) HOUSING 101: January 26. This session will explain fair housing policies with limited exceptions, highlight helpful resources, and how to request accommodations and modifications. You will come away with a clearer understanding of how the housing rules work and what steps you can take when challenges arise.

(2) KEY TERMS AND HOW IT WORKS: February 23. An overview of special ed terms and concepts including service delivery, evaluations, qualifications, and progress monitoring. We will review dispute options if you disagree with a school decision. Families will gain a better understanding of the special ed system and how to actively engage in their child's education.

(3) SAFEGUARDS FOR PARENTS: March 30. Designed to help parents better understand the Parent's Notice of Procedural Safeguards. We will walk you through your rights and protections under special education law, including notices, consent, evaluations, and your options if you disagree with a school decision. We will cover topics like transition planning, discipline procedures, and support resources. You will leave feeling more confident when advocating for your child.

(4) MAKING THE MOST OF YOUR IEP MEETING: April 27. Knowing what to expect can make preparing for your IEP much easier. We will explain the different types of IEP meetings and how invitations and scheduling work. Learn what documents you will need and how to accept/reject an IEP. We want to make sure your voice is heard by the IEP team.

ONEWELL HEALTH CARE PRESENTATION: MA SERVICES OVERVIEW: Monday, January 5, 5:30 to 7:00 PM, Free. For caregivers, individuals served, providers, community partners.

OneWell is expanding services across Massachusetts. Learn what makes its model unique, such as LifeCourse-aligned planning and flexibility for family caregivers. Eligibility and referral pathways will be addressed along with Adult Companion Services, Individualized Home Supports, In-Home Respite, and Uber Health transportation options — all offered in partnership with DDS waiver programs. **Virtual:** Link provided at registration. **In-Person:** Watch parties at our FSCs: **North Quabbin:** 2280 Main St., Athol; **North Central:** 1460 John Fitch Highway, Fitchburg; **Greater Lowell:** 7 Technology Dr., Ste. 103, Chelmsford; **South Valley:** 5 Optical Dr., 2nd Fl., Southbridge.

IN-PERSON CTI CONSULTATIONS: SECTION 8, RAFT, FUEL ASSISTANCE, & MORE: Wednesday, January 28, 10:00 AM to Noon, Free.

Meet a family support specialist at Community Teamworks, Inc. (CTI) in Lowell to apply for or meet with a CTI staff about Section 8, RAFT, Fuel Assistance, and more. **Contact Kim Guy**, kguy@sevenhills.org to schedule your consultation. **Location:** CTI, 155 Merrimack St., Lowell.

DTA CONSULTATIONS: SNAP BENEFITS & MORE: Wednesday, February 18, 10:00 AM to Noon, Free.

Meet a Seven Hills family support specialist at the Department of Transitional Assistance (DTA) in Lowell to apply for SNAP benefits and discuss your current benefits and other services with DTA staff. **Contact Kim Guy**, kguy@sevenhills.org to schedule your consultation. **Location:** MA DTA, 131 Davidson St., Lowell.

SOCIAL SECURITY CONSULTATIONS: Wednesday, March 18, 10:00 AM to Noon, Free.

Meet a family support specialist at the Social Security Administration (SSA) office in Lowell to review benefits and application questions with SSA staff. **Contact Kim Guy**, kguy@sevenhills.org to schedule your consultation. **Location:** SSA Office, 151 Warren St., #300, Lowell.

MASSHEALTH ENROLLMENT CENTER CONSULTATIONS: Wednesday, April 15, 10:00 AM to Noon, Free.

Meet a family support specialist at the MassHealth Enrollment Center in Tewksbury to consult with enrollment center staff to apply/enroll in MassHealth, ask questions about qualifications/coverage, or make changes to you/your loved one's plan. **Contact Kim Guy**, kguy@sevenhills.org to schedule your consultation. **Location:** MassHealth Enrollment Center, 367 East St., Tewksbury.

RECREATION DEPARTMENT HAPPENINGS

IN-PERSON EVENTS

S.O. BOWLING: Every other Wednesday, December to March, beginning December 3, 6:00 to 8:00 PM, \$40

Registration Fee. Grab your bowling shoes, a bowling ball, and get ready to knock down some pins! Welcome to the Seven Hills Competition Bowling team with Special Olympics. **Pre-registration is required, contact Chris Ritter, critter@sevenhills.org.** **Location:** Auburn Bowlero, 101 Southbridge St. "

JUST US WOMEN: 19 AND OVER AGE GROUP: 1 Friday a month, September to May, 6:30 to 8:30 PM,

\$300 for the entire year. An extension of our very popular Just Us Girls program, this group is 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, event-planning, and include self-determination, goal-setting, healthy relationships, personal wellness, and community engagement. Ongoing signups start in July. Please note that limited space is available. A commitment to the entire year is required. **Contact Chris,** critter@sevenhills.org. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester.

JUST US GIRLS: 15 TO 19 AGE GROUP: 2 Saturdays a month, September to May, 1:00 to 3:00 PM. \$50 fee for the year, due at signup.

This is a unique, fun social group and skills-development program for adolescent girls, living in the Worcester area, who are interested in creating new friendships while learning important topics such as self-awareness, self-determination, and goal-setting. The girls will build relationships that encourage healthy behaviors and lifestyles, and personal safety. The group ends the year by participating in a community service project. The goal of Just Us Girls is to build, strengthen and support the development of healthy, confident girls. Limited space is available. The program is funded primarily by the United Way's Womens Initiative grant. **Contact Noreen Alves,** nalves@sevenhills.org. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester.

JUST US GIRLS: 10 TO 14 AGE GROUP: 2 Saturdays a month, September to May, 10:00 AM to Noon. \$50 fee for the year, due at signup.

This is a unique, fun social group and skills-development program for adolescent girls, living in the Worcester area, who are interested in creating new friendships while learning important topics such as self-awareness, self-determination, and goal-setting. The girls will build relationships that encourage healthy behaviors and lifestyles, and personal safety. The group ends the year by participating in a community service project. The goal of Just Us Girls is to build, strengthen and support the development of healthy, confident girls. Limited space is available. The program is funded primarily by the United Way's Womens Initiative grant. **Contact Noreen Alves,** nalves@sevenhills.org. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester.

CREATIVE MINDS AT WAM: Every 2nd Saturday, September 13, 2025 to June 13, 2026, 10:00 AM to Noon,

Ages 18+ with ABI/TBI. Immerse yourself in the arts experience with us at the Worcester Art Museum (WAM): 10:00 to 10:30 AM, Meet & Greet Brunch; 10:30 to 11:00 AM, Museum walk-through; 11:00 AM to Noon, Creative Process, where we interpret our experience into our own masterpiece. Three special outings are being planned, TBA. **Registration is required, contact Noreen Alves,** nalves@sevenhills.org. **Location:** Worcester Art Museum, 55 Salisbury St.

BASKETBALL SKILLS AND DRILLS: Sunday weekly practices, December to March, beginning December 14, Noon to 4:00 PM, \$25 Registration Fee.

For beginner athletes or athletes looking to practice their skills and Basketball basics. Develop and perfect the fundamentals, process, and teamwork needed for on-court play. **Contact Chris Ritter,** critter@sevenhills.org. **Location:** Clark University, 57 Downing St., Worcester. "

S.O. BASKETBALL: Sunday weekly practices, December to April, beginning December 14. Games on

Saturdays TBD, Noon to 4:00 PM, \$25 Registration Fee. Shoot, pass, dribble, and drive your way to the basket. Slam dunk your skills and join a team full of passionate, hard workers, and a commitment to teamwork. Attendance and consistency is important in all sports. We are looking to put together a traditional team, meaning no partners as well. **Contact Chris Ritter,** critter@sevenhills.org. **Location:** Clark University, 57 Downing St., Worcester. "

S.O. AQUATICS: Sunday weekly practices, meets TBD, March to June, 1:30 to 2:30 PM, \$50 Registration Fee.

A traditional competitive swim team that practices skills, achieves goals, and races for medals. Requires a commitment to weekly practices, assessment rounds, and SOMA competitions. S.O. Summer Games is the last meet. An overnight is possible; independence is necessary. As a courtesy, priority is given to the previous year's team members. Space is limited, **Pre-registration required, contact Chris Ritter,** critter@sevenhills.org. **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-June

WHERE

Local Worcester area locations



Funded in Part by



REGISTER TODAY!

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



creative MINDS

Community Connections for People with Brain Injury

CREATIVITY & CONNECTIONS

Creative Minds at WAM Adults 18+ with ABI/TBI

Every 2nd Saturday, 10am-Noon
September 13, 2025 - June 13, 2026

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

Three outings are being planned; dates TBA.

Worcester Art Museum (WAM)

55 Salisbury St., Worcester, MA 01609

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

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

UPCOMING ACTIVITIES

GET A JUMP START ON SPRING/SUMMER 2026 ACTIVITIES! Shift your focus to the warm weather and great outdoors! Sign up for our spring/summer lineup! Contact Chris Ritter, critter@sevenhills.org.

S.O. GOLF: Monday weekly practices, tournaments TBD, June to August, 5:00 to 7:00 PM, \$25

Registration Fee. The lush grass and the little white ball. Master your skills from tee to green with us. We offer 9-hole practice rounds for our competitive golfers. **Pre-registration and a commitment to the season are required, contact Chris,** critter@sevenhills.org for more info. or to register. **Location:** Green Hill Golf Course.

GOLF SKILLS AND DRILLS: Monday weekly range time, June to August, 6:00 to 7:00 PM, \$25

Registration Fee. This is a recreational (non-competitive) group of athletes who want to learn to play golf. If you're not ready for the course, join us on the driving range and putting green to perfect your swing and aim. **Pre-registration is required, contact Chris,** critter@sevenhills.org for more information or to register. **Location:** Green Hill Golf Course.

S.O. BOCCE: Tuesday weekly practices, June to August, 6:00 to 7:00 PM, \$40 Registration Fee. With ties to ancient Rome, Bocce engages the body, mind, and promotes relaxed movement. The welcoming, group strengthens social interaction and builds friendships. **Pre-registration is required, contact Chris,** critter@sevenhills.org for more info. or to register. **Location:** Italian-American Victory Club, 26 Dewey Rd., Shrewsbury.

S.O. SOFTBALL: Thursday weekly practices, games TBD, June to August, \$50 Registration Fee.

This sport is great for team building, physical activity, and making memories. Grab your glove, cleats, and join the fun playing America's popular past-time. **Pre-registration is required, contact Chris,** critter@sevenhills.org for more information or to register. **Location:** Worcester.

NORTH CENTRAL FSC EVENTS

1460 John Fitch Highway, Fitchburg, MA • 978.632.4322 • Contact: Jackie Edmands, 978.602.8692, jedmands@sevenhills.org

IN-PERSON EVENTS

TRANSITION PLANNING INFORMATION COMMUNITY DROP-IN: Tuesday, January 13, February 24,

March 24, 10:00 AM to Noon. All are welcome, Free to attend; food/beverages will incur cost. Are you a parent or caregiver of an individual with Intellectual Disabilities and/or Autism between the ages of 18-22? What will your loved one's days look like when school-based services end? Do you have concerns that your loved one will make friends, find work opportunities, and learn new skills? Do you wish you had other parents to talk to who are at the same point in life? If so, join Marci Haneisen for this interactive event in your community. **Please RSVP to Marci,** mhaneisen@sevenhills.org, or 508-962-5587. **Locations: January 13,** Smokestack Coffee Roasters, 39 Massachusetts Ave., Lunenburg; **February 24,** Sippin Serendipity, 206 Central St., Winchendon; **March 24,** Groton Public Library, 99 Main St., Groton.

COCOA AND CRAFTERNOON: **Tuesday, February 17, 1:00 to 3:00 PM, Free.** Spend the afternoon with friends sipping hot cocoa and crafting. **Registration is required, contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

OPEN MIC NIGHT: **Tuesday, March 31, April 28, 5:00 to 7:00 PM, Free.** We're looking for the next Seven Hills Idol — could it be you? Join the NCFSC staff as we sing our hearts out, show our best dance moves, and wow the crowd. Whether you're a star performer or just starting out, this is your moment to shine. Are you ready to take the stage? Light refreshments will be served. **Contact Malissa Wilson,** mwilson@sevenhills.org. **Location:** NCFSC. "

WILD WONDER NATURE JOURNALING: **Wednesday, April 22, 1:00 to 3:00 PM, Free.** Come enjoy a fun Earth Day activity as we learn about nature journaling. **Contact Marci,** mhaneisen@sevenhills.org. **Location:** NCFSC.

THURSDAY SOCIALS

COOKING FUN: **Thursday, January 8, February 5, March 5, April 2, 5:00 to 7:00 PM, Free.** Chop, stir, and sauté your way through a hands-on cooking experience. Then sit back and enjoy the flavors of your creation with friends. Let's mix, mingle, and make memories — one bite at a time! Who's ready to get cooking? **Contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

GAME NIGHT: **Thursday, January 15, February 12, March 12, April 9, 5:00 to 7:00 PM, Free.** Get ready for game night where the only rule is to have a blast! Whether you're a game master, a card shark, or just in it for the laughs, there's something for everyone. Let the games begin! **Contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

MUSIC: **Thursday, January 22, February 19, March 19, April 16, 5:00 to 7:00 PM, Free.** Tap your feet, hum along, and immerse yourself in the world of music. **Contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

EXPLORING THE ARTS: **Thursday, January 29, February 26, March 26, April 23, 5:00 to 7:00 PM, Free.** Explore your creative inner self and share your love of the ARTS. **Contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

SNAPOLOGY: **Thursdays, Four-week session: January 8, 15, 22, 29, 5:00 to 7:00 PM, Free.** Join us for a fun, hands-on robotics program led by Snapology. Over the course of four weeks, we will learn to build robots and code them to move, shout, spin, and more fun maneuvers! Space is limited. **Registration and a commitment to all four weeks are required.** **Contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

SOCIAL SQUAD: **Thursday, January 15, 29; February 12, 26; March 12, 26; April 9, 23; 11:00 AM to 2:00 PM, Free.** Connect with friends 2x/month during this three-hour social session. Enjoy activities of interest to all! **Contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

TRANSITION TALKS: **Thursday, January 22, February 19, March 19, April 16, 5:00 to 7:00 PM, Free.** Check in with the Transition Navigator to review the timeline for transitioning to adult services for your loved one, aged 17-22 years. **Contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

IEP CHECK IN: **Thursday, February 5, March 5, April 2, 5:00 to 7:00 PM, Free.** Our IEP Support Navigator will help you explore ideas to manage your IEP in a collaborative way, including ways to partner with your school district. **Contact Jess,** jdugas@sevenhills.org. **Location:** NCFSC.

TRANSITION PLANNING INFORMATION COMMUNITY DROP-IN: BARRE: Thursday, April 30, 10:30 AM to 12:30 PM. All are welcome. Free to attend; food/beverages will incur cost. Do you live in or near Barre, MA? Are you a parent or caregiver of an individual with Intellectual Disabilities and/or Autism between the ages of 18-2? What will your loved one's days look like when school-based services end? Do you have concerns about your loved one will make friends, find work opportunities and learn new skills? Do you wish you had other parents to talk to who are at the same point in life? If so, join Marci Haneisen for this interactive event. **Please RSVP to Marci**, mhaneisen@sevenhills.org or 508-962-5587. **Location:** Barre Public Library, 19 Pleasant St., Barre.

FRIDAY MOVIE CLUB: Friday, January 9, February 13, March 13, April 10, 5:30 to 8:00 PM, Ages 16+, Free. Friends can enjoy a night out for fun and a movie with pizza and popcorn! **RSVP with Malissa**, mwilson@sevenhills.org to ensure there is enough pizza for everyone! **Location:** NCFSC.

BOOK CLUB HARRY POTTER PARTY: Friday, January 16, 5:00 to 7:00 PM, Free. Join us for our Harry Potter Magical Book Club Party! **Please RSVP to Marci** if you would like to attend, mhaneisen@sevenhills.org. **Location:** NCFSC.

THE SOCIAL SPECTRUM: Friday, January 23, February 20, March 20, April 17, 5:00 to 7:00 PM. Free to attend; activities may incur costs to be covered by the individual or family. A peer group for people on the autism spectrum who are seeking a low- pressure space for social connection, not services, and who are learning to navigate the world independently. **Contact Kim Guy**, kguy@sevenhills.org; or **Jess Dugas**, jdugas@sevenhills.org. **Location:** Various, TBA.

VIRTUAL EVENTS

SELF-ADVOCACY: 2 Tuesdays/month, January 6, 20; February 3, 17; March 3, 17; April 14, 28; 10:00 to 11:00 AM, Free. Learn to advocate for your beliefs and goals. **Contact Jess Dugas**, jdugas@sevenhills.org. bit.ly/SelfAdvocacy26

LUNCH BUNCH: 2 Wednesdays/month, January 14, 28; February 11, 25; March 11, 25; April 8, 22; Noon to 1:00 PM, Free. Come hang out with friends and chat about your monthly activities, current events, and share your talents or jokes. **Contact Jess Dugas**, jdugas@sevenhills.org. bit.ly/LunchBunch26

LUNCH BUNCH: FRIENDSHIP CIRCLE: Wednesday, January 14, February 11, March 11, Noon to 1:00 PM, Free. Successfully Social's Allison teaches skills to build meaningful friendships and relationships. **Contact Jess Dugas**, jdugas@sevenhills.org. bit.ly/LunchBunch26

***NEW* ANIME ADVENTURES:** 1st & 3rd Thursdays of each month, January 15; February 5, 19; March 5, 19; April 2, 16; 5:00 to 6:30 PM. Welcome to Anime Adventures, where avid fans and newcomers join together to learn about anime, the industry, and the culture; and play games, watch shows, discuss favorite episodes and characters, and more! **Please contact Mercedez Vega**, mevega@sevenhills.org to learn more and to register and get the Zoom link.

BOOK CLUB WITH MARCI: Friday, January 2, 9, 23, 30; February 6, 13, 20, 27; March 6, 13, 20, 27; April 3, 10, 17, 24; 1:00 to 2:00 PM, Free. Marci will read aloud from our book club choice, beginning with Harry Potter. Future choices to be decided by the group. **Registration is required.** **Contact Marci**, mhaneisen@sevenhills.org. bit.ly/MarciBookClub

SOUTH VALLEY FSC EVENTS

5 Optical Dr., 2nd Fl., Southbridge, MA • 774.241.2500 • **Contact:** Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org

IN-PERSON EVENTS

WOODEN CRAFTS: Monday, January 5, 12, 26, 5:00 to 6:30 PM, Free. Channeling our inner "Rick and Judy," we will assemble some of their pre-made projects! All materials included, but supplies are limited. This is not a drop-off event, caregivers must remain on site. **Registration is required, contact Ella** at ecomeau@sevenhills.org. **Location:** SVFSC

PARENT MEET-UP GROUP: All Mondays when we host an activity, 5:00 to 6:30 PM, Free. Join us for this informal group to discuss your successes and concerns. **Held during our Activity Nights at the SVFSC.**

LEGO NIGHTS: Monday, February 2, 9, 23, 5:00 to 6:30 PM, Free. Join us for a night of Lego free play! All supplies will be available to make amazing creations; just bring your imagination. Lego creations/supplies must be returned at the end of each session. This is not a drop-off event; all caregivers must remain on site. **Registration is required, contact Jodie** at jkrueger@sevenhills.org. **Location:** SVFSC.

NATURE CRAFTS: **Monday, March 2, 9, 16, 23, 5:00 to 6:30 PM, Free.** Lisa, our resident "all-things-nature" lady teaches how to make fun crafts with items she has gathered from nature. This is not a drop-off event; caregivers must remain on site. Supplies are limited. **Registration is required, contact Lisa** at lmorgan@sevenhills.org. **Location:** SVFSC

MUSICAL BINGO AND KARAOKE: **Monday, April 6, 13, 20, 5:00 to 6:30 PM, Free.** Mondays in April are for music! Paige and Myriam will host this event, and it's about to go down! We PROMISE you will have a blast! This is not a drop-off event; caregivers must remain on site. Space is limited. **Registration is required, contact Paige,** pwillard@sevenhills.org. **Location:** SVFSC

***SPECIAL EVENT* CARE FOR THE CARETAKERS:** **Monday, April 27, 5:00 to 6:30 PM, Free.** Relax, recharge, and treat yourself to an evening of pampering, dedicated to YOU! Join us for a soothing, restorative event designed to honor the hard work you do every day as a caregiver. Together, we'll explore simple and enjoyable ways to nurture your own well-being, because caring for yourself helps you care for others. During this session, you will have the opportunity to create scented stress balls and essential-oil inhalers that offer allergy support, improved sleep, stress reduction, and headache relief; make a relaxing sleep mask; enjoy creating your own mini Zen garden; unwind with calming coloring activities; and sip a comforting cup of tea with fellow caregivers. This special event is open to all caretakers: staff, parents, grandparents, teachers, friends, and anyone who could use a well-deserved break. **Space is limited, registration is required. Contact Myriam** Arpin Lugo, mlugogonzalez@sevenhills.org. **Location:** SVFSC.

***SPECIAL EVENT* SPRING GREEN-ING!** **Monday, April 27, 5:00 to 6:30 PM, Free.** Discover ways to care for ourselves, our pets, and our homes using essential oils. Create scented stress balls and essential oil inhalers that provide health benefits such as allergy relief, improved sleep, stress reduction, and headache relief. Learn about different scents and how they affect our senses. All materials included. Space is limited. This is not a drop-off activity; caregivers must remain on site. **Questions/to register, contact Myriam** Arpin Lugo, mlugogonzalez@sevenhills.org. **Location:** SVFSC

NEW! HAPPY ARTS SERIES **4 Saturday mornings, monthly, January to April, 10:00 to 11:30 AM, \$25/ session to be paid directly to the presenters.** The brainchild of Jenny DelGizzi and Robin Mitzcavitch, Happy Arts spreads the joy of creative art experiences. All materials are included..

GEL PRINTING: **January 10.** Gel printing is a fun and versatile way to create unique art using a gel printing plate, paints, papers, stencils, etc. This is not a drop-off event; caregivers must remain on site. Space is limited. **Registration is required, contact Liz,** ecarroll@sevenhills.org. **Location:** SVFSC.

JOURNALS: **February 7.** Treasure journals, junk journals, and Midori journals are a calming fusion of journaling, printing, and collage. Fill your journals with words and images that flow from your inner creative source. Try printing, stencil, and paper crafts to assemble a journal filled with beautifully inspired pages. This is not a drop-off activity; caregivers must remain on site. Space is limited. **Registration is required, contact:** Liz at ecarroll@sevenhills.org. **Location:** SVFSC.

COLLAGES: **March 13.** Learn the techniques to make a collage and experiment using magazines, paint, fabrics, paper, etc. Learn how to use images to decorate objects like boxes and wall hangings. This is not a drop-off event; caregivers must remain on site. Space is limited. **Registration is required, contact Liz,** ecarroll@sevenhills.org. **Location:** SVFSC

ZINE MAKING: **April 11.** "Zines" are a fun way to tell a story using collage, sketching, and cartooning. Learn the history of zines and ways to assemble them. This is not a drop-off event; caregivers must remain on site. Space is limited. **Registration is required, contact Liz,** ecarroll@sevenhills.org **Location:** SVFSC

HYBRID EVENTS

BRAVE YOGA WITH A TWIST! **Thursday, January 8, February 12, March 19, April 16, 6:15 to 7:00 PM, Free.** Join your friends online or at the Center to practice yoga moves. The fully adaptive session includes warm up, breathing and mindfulness, yoga poses, and a relaxing power down. Please bring your yoga mat and water bottles. Space is limited. Doors open 15 min before start time. This is not a drop-off event; caregivers must remain on site and can relax in our lobby. **Registration is required, contact Liz,** ellaplante@sevenhills.org. **In-person location:** SVFSC. **Virtual:** bit.ly/BraveYogaTwist

VIRTUAL EVENTS

MONDAY FUN DAY WITH MIKE LEO & HIS UNIQUE RHYTHMS: Monday, January 5, February 2,

March 2, April 6, 3:00 to 4 PM, Free. Join us for a fun and interactive music experience. Explore different music genres, through art & creative writing. Please bring paper & pencils to each session! **Registration is required, contact Liz, ellaplante@sevenhills.org.** bit.ly/SV-MondayFun

MARVEL, DC AND DISNEY! Wednesday, January 7, 14, 21, 28; February 4, 11, 18, 25; March 4, 11, 18, 25; April 1, 8, 15, 22, 29, 6:00 to 7:30 PM, Free. If you love super heroes, join SV and our Lowell friends for a night of episode/movie viewing, comic book culture, and discussions! **Contact Paige, pwillard@sevenhills.org.** bit.ly/MarvelDCDisney

ITS A WRAP: Friday, January 9, 23, 30; February 6, 20, 27; March 6, 13, 27; April 10, 17, 24; 3:00 to 4:00 PM, Free. Time to wrap up our week and focus on our weekend plans. We will end our session with everyone's favorite game, Jeopardy! **For more information, contact Liz, ellaplante@sevenhills.org.** bit.ly/ZOOM-ItsAWrap

ASD-ONLY EVENTS

ASD ONLY; DUNGEONS AND DRAGONS: Thursday, January 8, February 5, March 5, April 2, 7:00 to 9:00 PM, Ages 16+, Free. Learn how to play this action-adventure fantasy game with the help of a DungeonMaster! This group is specifically for folks on the Autism Spectrum. Please bring a brown bag dinner (no nuts please!), and respect the flow of the game by arriving on time. Doors open 15 min before the event starts. Space is limited. **You must register with Jodie, jkrueger@sevenhills.org.** **Location:** SVFSC

NORTH QUABBIN FSC EVENTS

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

IN-PERSON EVENTS

WELLNESS & SELF-ADVOCACY GROUP: 2nd Monday of the month, January 12, February 9, March 9, April 13, 5:00 to 7:00 PM, Ages 18+, Free. A fun, supportive, and inclusive group focused on healthy living and self-advocacy. We will explore easy, practical ways to build healthy habits, including nutrition, stress relief, and self-care, in a welcoming and judgment-free environment. Space is limited. **Register with Tamara Vivas, tvivas@sevenhills.org, 508-514-0177, Location: NQFSC.**

***SCHOOL BREAK* NATURE DETECTIVES INDOOR ADVENTURES:** Tuesday, February 17, 9:30 to 11:00 AM. Calling all North Quabbin Special Education students for a special school vacation edition of our Nature Detectives group. We will bring the wonders of nature inside with hands-on discovery activities, fun science experiments, and creative nature-inspired art projects. No need for hiking boots — just bring your imagination and curiosity! This session is perfect for families looking for a cozy indoor adventure during school vacation week. A caregiver must remain with their loved one at this event. **Register with Tamara Vivas, tvivas@sevenhills.org, 508-514-0177, Location: NQFSC.**

BOWLING GROUP: Tuesday, February 17, 24; March 3, 10, 17, 24; 4:30 to 6:00 PM, All ages, Free. Whether you're a pro or just want to have fun, bowling is a great way to connect, laugh, and cheer each other on. A bowling ramp is available upon request. Caregivers must remain with their family members for the duration of the event. Space is limited. **Register with Penny Boutin, pboutin@sevenhills.org, 508-816-2057, Location: Gardner Candlepin Bowling, 123 Main St.**

RESIN POURING AND METAL WORKING CLASS: 3rd Thursday of the month, January 15, February 19,

March 19, April 16, 4:30 to 6:30 PM, All ages, Free. Individuals of all abilities will explore hands-on creativity through guided projects in a supportive, sensory-aware environment. Experiment with colorful resin designs and beginner-friendly metalworking techniques. Build confidence, fine-motor skills, and express artistic ideas at a comfortable pace. Caregivers must remain with individuals under 18 or who require 1:1 support to ensure an engaging, accessible experience for all. **Registration is required, contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057, Location: The Launch Space, 131 W. Main St., Orange.**

CAREGIVER COFFEE HOUR AT OVER THE TOP BAKERY! 4th Thursday of the month, January 22, February 26,

March 26, April 23, 10:00 to 11:00 AM, Free. Unwind, connect, and enjoy a supportive environment in which to share experiences and gain insights. Recharge with a cup of coffee and a sweet treat on us! **No registration required. For questions, contact Kendra Steucek, ksteucek@sevenhills.org, 508-454-2619, Location: Over the Top Bakery, 90 New Athol Rd., Orange.**

EXPLORE & MAKE: FAMILY OPEN HOUSE AT LAUNCH SPACE: Saturday, January 10 (snow date, Jan. 17), 10:00 AM to 1:00 PM, All ages, Free. Discover the wide range of activities your Seven Hills/Launch Space membership includes, like painting, pottery, mixed media, and digital art. Whether you're an experienced artist or just curious, this is your opportunity to connect and create art. Caregivers must remain at this family event. **Registration required, contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057, Location:** The Launch Space, 131 W. Main St., Orange.

CRAFTY MOVIE DAY: Saturday, February 7 (snow date is Feb. 21), 10:00 AM to Noon, All ages, Free. Families, bring your creativity and love for movies to enjoy a fun day filled with hands-on, take-home Valentine's craft activities and a cozy movie screening with snacks. Caregivers must remain with their family members for the entire event. **Registration is required, contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177, Location:** NQFSC.

SATURDAY NATURE DETECTIVES: Saturday, March 28, April 25, 9:30 to 11:00 AM, Free. For our two-part series, children and their caregivers will explore seasonal changes, investigate local plants and wildlife, and enjoy hands-on, nature-inspired projects led by Peaceful Roots. The sensory-friendly activities will spark curiosity and connection with the natural world. Caregivers must remain with their child for each session. Families may join one or both sessions. **Register with Tamara Vivas, tvivas@sevenhills.org, 508-514-0177, Location:** Cutthroat Brook Tree Farm, 586 Briggs Rd., Athol

VIRTUAL EVENTS

WRESTLING CLUB: Monday, January 5, 12, 26; February 2, 9, 23; March 2, 9, 16, 23; April 6, 13, 20, 27; 7:00 to 8:00 PM, All ages, Free. Do you enjoy watching WWE wrestling? Join our friend Kevin on Zoom to share your favorite wrestling moments, watch matches, and test your knowledge with wrestling trivia. **No registration required. For questions, contact Tamara Vivas, tvivas@sevenhills.org, 508-514-0177. bit.ly/ZOOM-WrestlingClub**

ASD-ONLY EVENTS

ASD ONLY: LAUNCH SPACE GROUP: 3rd Thursday of the month, January 15, February 19, March 19, April 16, 4:30 to 6:30 PM, Ages 18+, Free, all supplies provided. Creative Makers Group invites adults with autism to explore hands-on arts and crafts through guided resin pouring and beginner-friendly metal working. Learn new techniques at a comfortable pace while creating unique projects, building fine-motor and problem-solving skills, and expressing creativity in a supportive, sensory-aware environment. No prior experience needed. **Registration is required, contact Penny Boutin, pboutin@sevenhills.org, 508-816-2057, Location:** The Launch Space, 131 W. Main St., Orange.

GREATER LOWELL FSC EVENTS

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

IN-PERSON EVENTS

CAREGIVER COFFEE HOUR: 1st & 3rd Monday of each month, January 5, 19; February 2; March 2, 16; April 6, 20; 9:30 to 10:30 AM, Free to attend; coffee/treats not covered. Casual caregiver support/community get-together. No registration required. **Contact Kim Guy, kguy@sevenhills.org. Location:** Pressed Cafe, 330 Billerica Rd., Chelmsford.

GAMING CLUB: 1st & 3rd Monday of each month, January 5, 19; February 2; March 2, 16; 5:30 to 7:00 PM, Free. Do you like having fun and playing games? If the answer is yes, then this is for you! Join us to play a variety of games from classic board games to card games, and even video games! Each night, you will choose from a few game options, based on a theme, that you can play with your family and friends, old and new! **Contact Mercedes Vega, mevega@sevenhills.org or Kim Guy, kguy@sevenhills.org with questions. Location:** GLFSC.

WALKING CLUB: Monday, April 6, 20, 5:30 to 6:30 PM, All ages, Free. Let's get outside, move our bodies, and enjoy the beautiful spring weather! Open to individuals and caregivers alike. Registration is not required. **Contact Kim Guy, kguy@sevenhills.org with questions. Location:** GLFSC.

EXPRESSO YOURSELF: 2nd & 4th Monday of each month, January 12, 26; February 9, 23; March 9, 23; April 13, 27; 9:30 to 10:30 AM, Free. What makes a meaningful life? Join a family support navigator to create a vision for the future using Charting the LifeCourse framework. Explore what it means to you and your loved one. Features caregiver wellbeing as supporting a loved one takes intentional reflection, exploration, planning, and problem-solving to ensure a good life for everyone. Self-care creates positive health and wellness outcomes and caregivers can model this for their loved ones and prevent burnout. Space is limited. **Registration is required, email Kim Guy, kguy@sevenhills.org. Location:** GLFSC.

CAREGIVER CRAFTING: 1st Tuesday of each month, January 6, February 3, March 3, April 7, 5:30 to 7:00 PM, Free. A social networking activity for caregivers! Have fun crafting while discussing the joys and challenges of caregiving. Learn to knit, bring your own craft, or join us just for fun. Care for loved ones can be made available upon request. **Space is limited; notice is required.** Please contact Kim Guy, kguy@sevenhills.org to register, arrange care. **Location:** GLFSC

FUN TUESDAY KARAOKE: 2nd Tuesday of each month, January 13, February 10, March 10, April 14, 5:30 to 7:00 PM, All ages, Free. Social activity with GLFSC staff to promote friendship, social skills, and fun. Sing your favorite song as a solo, with a partner or a group, or we can play and listen to a song you enjoy. No registration required. Contact Kim Guy, kguy@sevenhills.org with questions. **Location:** CCA, 1-1A North St., Chelmsford.

TABLE OF PLENTY FAMILY DINNER: 3rd Tuesday/month, January 20, February 17, March 17, April 21, Free. **Volunteer Set Up: 4:00 to 5:00 PM. Meal: 5:00 to 6:00 PM, Free.** Join us for a free meal with our community. Come early to volunteer with setup. **Space is limited; registration required, contact Kim Guy,** kguy@sevenhills.org to coordinate volunteering or ask questions. **Location:** Chelmsford Senior Center, 75 Groton Road, North Chelmsford.

FUN TUESDAY BINGO NIGHT: 4th Tuesday/month, January 27, February 24, March 24, April 28, 5:30 to 7:00 PM, All ages, Free. A social activity to promote friendship, social skills, and fun. Play lively music bingo, seasonal/holiday-themed bingo, charades bingo, and more for fun, sometimes silly, prizes and laughing all the way! No registration required. Contact Kim Guy, kguy@sevenhills.org with questions. **Location:** Local Public Library or GLFSC.

JUNIOR EXPLORERS: 1st Wednesday/month, January 7, February 4, March 4, April 1, 4:15 to 5:00 PM, Ages 10 & under, Free. Make new friends, practice social skills, learn something new, and have lots of fun! Caregivers are asked to stay and assist when necessary. **Please contact Kim Guy,** kguy@sevenhills.org with questions. **Location:** Chelmsford Public Library, 25 Boston Road, Chelmsford.

COOKING WITH HANNAFORD: Thursday, February 19, 5:00 to 7:00 PM, Free. Hannaford Supermarket and GLFSC are offering a cooking class with a registered dietitian. **Contact Kim Guy,** kguy@sevenhills.org with interest.

NEW YEAR FRESH START FAMILY NIGHT: Friday, January 9, 5:30 to 7:30 PM. Paid event, price TBA. Kickstart your New Year's resolutions with a night of mindfulness and inspiration. We will make intention candles, practice yoga & meditation, and create a vision board to make 2026 your best year yet! **Space is limited; registration is required, contact Kim Guy,** kguy@sevenhills.org with questions. **Location:** GLFSC.

THE SOCIAL SPECTRUM: 3rd Friday of each month, January 16, February 20, March 20, April 17, 5:00 to 7:00 PM, Free to attend, activities may have cost to be covered by the individual or family. A peer group for people on the autism spectrum who are seeking a low-pressure space for social connection, not services, and who are learning to navigate the world independently. We will meet in the community for fun social activities. **Registration is required, contact Kim Guy,** kguy@sevenhills.org with questions. **Location:** Various community settings

HONK! AT OPEN DOOR THEATER: Saturday, March 28, Time TBA, Paid event, price TBA. Enjoy an inclusive performance of Honk!, featuring a diverse cast of all abilities telling a musical version of the classic ugly duckling story. **If you wish to sit with the GLFSC group, registration is required.** Contact Kim Guy, kguy@sevenhills.org. You can purchase your own tickets and see us there as well! **Location:** Dragonfly Theater, R.J. Grey Jr. H.S., 16 Charter Rd., Acton.

FAMILY DAY AT THE FRANKLIN PARK ZOO: Saturday, April 25, Free. **9:30 AM:** Meet at the center if carpooling with the group. **10:30 AM to 2:00 PM:** GLFSC staff will be at the zoo handing out tickets. Join us on a trip to the Franklin Park Zoo! We will be available for carpooling and caravaning at the center if you wish to travel as a group. Otherwise, we will be at the zoo to hand out tickets. Enjoy the zoo for as long as you like. **Limited tickets available.** Please contact Kim Guy, kguy@sevenhills.org. **Location:** Franklin Park Zoo, 1 Franklin Park Rd., Boston. **Parking:** Pierpont Rd., Boston.

VIRTUAL EVENTS

MARVEL, DC, AND DISNEY! Wednesday, January 7, 14, 21, 28; February 4, 11, 18, 25; March 4, 11, 18, 25; April 1, 8, 15, 22, 29, 6:00 to 7:30 PM, All ages, Free. Love superheroes? Join us for fun trivia, episode watches, comic book culture, and friends! **Zoom registration is required to join; contact Kristen Tower,** ktower@sevenhills.org. bit.ly/MarvelDCDisney

***NEW* ANIME ADVENTURES:** 1st & 3rd Thursdays/month, January 15; February 5, 19; March 5, 19; April 2, 16; 5:00 to 6:30 PM. Fans and newcomers unite to learn about the anime industry and culture; play games, watch shows, and discuss favorite episodes and characters! **To register/get the link, contact Mercedes Vega,** mevega@sevenhills.org.



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Pride

Winter 2026

Pride

PRIDE Winter 2026

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

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If you are receiving duplicates, have a change of address, or wish to be removed, please contact Lyn Cosseboom, lcosseboom@sevenhills.org.

Dr. Kathleen Jordan
President/CEO
Seven Hills Foundation
sevenhills.org

SAVE THE DATE:



Monday, May 4, 2026

The Haven Country Club
Boylston, MA



Seven Hills is excited to announce The Haven Country Club in Boylston, MA, as our new venue for New Beginnings in 2026! Please join us to continue the support for Community Connections that enables people with disabilities to SEE the possibilities, BELIEVE in their abilities, and ACHIEVE their dreams!