In 2017, Seven Hills Family Services (SHFS) began an amazing arts program called Creative Minds. This program is a partnership between SHFS and VSA Massachusetts (VSA MA) and grant awarded through the Massachusetts Rehabilitation Commission (MRC). Individuals recovering from Acquired Brain Injury (ABI), including those who have experienced strokes, were invited to participate in a monthly program at the Worcester Art Museum (WAM) that was both social and therapeutic in nature.

The classes held in Worcester were so successful that SHFS/VSA MA was able to broaden the scope with the addition of Creative Minds at the Fitchburg Art Museum (FAM).

In the Creative Minds program, the arts are taught and used in ways that enhance the healing journey for people with ABI through the introduction of various media being showcased at WAM. The two-hour experience includes a meet & greet with refreshments, a partial tour of the museum, and a creative art session.

During the recent Seven Hills Symposium on Arts and the Brain at WAM, Dr. Ron Hirschberg of Mass General Hospital emphasized that Art and Music are imperative to the healing process.

SHFS/VSA MA extends an invitation to all adults, aged 18 and older, to bring a friend to experience their own healing journey through this monthly social event!

Learn more at: meetup.com/Creative-Minds-for-ABI-Survivors
SPORTS SPOT
HIGHLIGHTS FROM THE 2017 SUMMER & FALL SPORTS SEASONS

S.O. BOCCE, ages 22+
Coach Traci Foster • Assistant Coach Ann Marie Dawes
The Assessment was held at Nonotuck Park in Easthampton on July 29. Tournament of Champions was held on August 26 and 27 at Forekicks in Marlboro.
BRONZE MEDAL

S.O. SOFTBALL, ages 22+
PANTHERS: Coach Ken Carlo • Assistant Coach Dennis Bergeron
WOLVERINES: Coach Sue Gibree • Assistant Coach Morgan O’Brien
BADGERS: Coach Steve Geary
The Assessment was held at Nonotuck Park in Easthampton on July 29. Tournament of Champions was held on August 26 and 27 in the Greater Marlboro Area.
PANTHERS: GOLD MEDAL | WOLVERINES: GOLD MEDAL | BADGERS: SILVER MEDAL

S.O. SOCCER, Revolution, ages 13-21; Knights, 22+
REVOLUTION: Coach Harry Brooks • Assistant Coaches Tom Dawe & Joanne Peterson-Bernier
KNIGHTS: Coach Kevin Heman • Assistant Coach Mark Gallant
The Assessment was held in Mansfield on October 15. The State Tournament was held at Governor’s Academy in Byfield on November 5.
REVOLUTION: BRONZE MEDAL | KNIGHTS: 4TH PLACE RIBBON
S.O. GOLF, ages 18+

Coach Eric Ware • Assistant Coaches Zach Cabacoff & Kevin Donovan

The Invitational was held at Indian Meadows in Westboro on July 30. Tournament of Champions was hosted by Stow Acres Country Club in Stow on August 26 and 27.

3 SILVER MEDALS | BRONZE MEDAL | 4TH PLACE RIBBON

S.O. FLAG FOOTBALL, ages 18+

SHAMROCKS: Coach Tyrone Hicks • Assistant Coaches Valon Ayers & Michael Tolman

SPARTANS: Coach Stephen Geary • Assistant Coach Nicole Mentus

SHAMROCKS: SILVER MEDAL

SAVE THE DATE!
Thursday, May 24, 2018
Highfields Golf & Country Club

Celebrating 30 Years!
100% of the funds raised go directly to our Community Connections programs, providing vital opportunities for people we support to pursue their dreams.

Your support makes Community Connections happen! Please contribute to the New Beginnings Charity Golf Tournament

Thank You Anna Maria College’s Football Team
Access the force and learn how to read your body, mind, emotions, and feelings to gain greater awareness of self, others, and the environment. Incorporate yogi/mindfulness training to move through the Jedi ranks while creating your coping/self regulation toolbox. Taught by a yoga therapist. Fun, playful, and interactive activities will be part of each class. Ages 12-18.

**WHEN:** Tuesdays, February 27; March 6, 13, 20; April 3, 10; 6:00-6:45pm

**WHERE:** 150 Goddard Memorial Dr., Worcester

**COST:** $82/person

**SIGN UP:** Before February 19

**PLEASE NOTE:** An adult support is requested to be in class to assist each participant.

In partnership with the College of the Holy Cross SPUD program volunteers, Skills and Drills is designed for beginner athletes who want to learn the game of basketball or who would like to perfect their skills. Athletes will work on basic skill building while participating in drills, plays, and practice scrimmages.

Ages 8-12; 13-21.

**WHEN:** Tuesdays, February 27; March 6, 13, 20; April 3, 10; 6:00-6:45pm

**WHERE:** 150 Goddard Memorial Dr., Worcester

**COST:** $82/person

**SIGN UP:** Before February 12

**PLEASE NOTE:** Participants are strongly encouraged to bring an adult support with them to class.

Let's Paint Mobile events will guide artists through various masterpieces in a 3-week class using various mediums as your canvas. Cost includes all supplies! Ages 19+.

**WHEN:** Wednesdays, March 7, 14, 21, 6:00-7:00pm

**WHERE:** 150 Goddard Memorial Dr., Worcester

**COST:** $40/person

**SIGN UP:** Before February 19

**PLEASE NOTE:** An adult support is requested to be in class to assist each participant.

Let's Paint Mobile events will guide artists through various masterpieces in a four-week canvas class. Projects may build on each other. Cost includes all supplies! Ages 19+.

**WHEN:** Wednesdays, May 2, 9, 16, 23, 6:00-7:00pm

**WHERE:** 150 Goddard Memorial Dr., Worcester

**COST:** $50/person

**SIGN UP:** Before April 23

**PLEASE NOTE:** An adult support is requested in class to assist each participant.

Seven Hills Family Services Special Olympics Traditional Competitive Aquatics, Ages 22+.

**WHEN:** Sundays, February 25; March 4, 11,18, 25; April 8, 22, 29; May 6, 20, June; 5:00-6:00pm

**WHERE:** Assumption College

**COST:** $25 donation

**SIGN UP:** Before February 13

**PLEASE NOTE:** Our team is for athletes who know how to swim. Our coaches and volunteers are not certified to teach lessons. Athletes will perfect their skills during practice. Due to the popularity of this sport, Special Olympics cannot guarantee that everyone will advance to the state tournament. Attendance will help determine who does and does not advance to the state tournament. This team requires a commitment to weekly practices, the assessment round (a one-day event in May), and the overnight state tournament in Boston, MA, June 8-10. A valid Special Olympics medical form and Emergency Fact Sheet must be filled out prior to the first practice.

Fusions Dance Extension program will be teaching different varieties of dance that will help build self-confidence, improve coordination, and, most of all, provide a fun environment for people of all abilities. Ages 13-21/22+.

**WHEN:** Thursdays, March 1, 8, 15, 22, 26; April 5; Ages 13-21: 6:00-6:45pm; Ages 22+: 7:00-8:00pm

**WHERE:** 150 Goddard Memorial Dr., Worcester

**COST:** $58

**SIGN UP:** Before February 19

**PLEASE NOTE:** A minimum of 4 people are needed to hold class.
Music therapy strengthens emotional, cognitive, social, and creative skills through this established profession that uses a variety of techniques for therapeutic results. Ages 18-29/30+.

**WHEN:** Wednesdays, February 28; March 7, 14, 21; Ages 13-25: 6:00-6:45pm; Ages 26+: 7:00-7:45pm

**WHERE:** ASPIRE! Music Room, 150 Goddard Memorial Dr., Worcester

**COST:** $60

**SIGN UP:** Before February 24

**PLEASE NOTE:** Minimum of 5 participants is needed to hold class.

Here are some additional classes available:

**MOMS’ YOGA & MEDITATION**

This class will combine gentle restorative yoga stretching to bring you presence to connect to your body, meditation to quiet and calm your mind, and personal inquiry coaching exercises to help you gain clarity on how to develop more peace and equanimity in your life—all in a deeply supportive environment with other moms who are on a similar journey. This class is appropriate for both experienced and beginner yoga practitioners and is a great way to begin developing or growing your meditation and self-care practices. Please wear comfortable clothes you can move easily in. No fancy yoga attire necessary, and wear layers. Please bring water, a yoga mat, a journal, and a pen. This class has been designed for mothers only, to allow time to focus on their own needs.

**WHEN:** Tuesday, March 6; April 3; May 1; 6:30-8:00pm

**WHERE:** 150 Goddard Dr, Worcester

**COST:** $30/person/class

**SIGN UP:** March 6 before February 26; April 3 before March 26; May 1 before April 23

**PLEASE NOTE:** This class is for mothers only to allow time to focus on their own needs. A minimum of 6 is needed to hold class.

**MUSIC THERAPY**

Music therapy strengthens emotional, cognitive, social, and creative skills through this established profession that uses a variety of techniques for therapeutic results. Ages 18-29/30+.

**WHEN:** Wednesdays, February 28; March 7, 14, 21; Ages 13-25: 6:00-6:45pm; Ages 26+: 7:00-7:45pm

**WHERE:** ASPIRE! Music Room, 150 Goddard Memorial Dr., Worcester

**COST:** $60

**SIGN UP:** Before February 24

**PLEASE NOTE:** Minimum of 5 participants is needed to hold class.

**MINDFULNESS YOGA FOR ALL**

Are you looking to sharpen your mindfulness, concentration and attention while creating self regulation and gaining social-emotional intelligence? Then this is the class for you! You will also work on stress reduction and burnout prevention techniques. Adaptations are available throughout and restorative poses are part of each class which can be done on the floor or in a chair. Classes are taught by a certified Yoga Therapist. Ages 19+.

**WHEN:** Tuesday, February 27; March 6, 13, 20; April 3, 10; 7:00-8:00pm

**WHERE:** 150 Goddard Memorial Dr., Worcester

**COST:** $82/person

**SIGN UP:** Before February 12

**PLEASE NOTE:** A support is suggested to be in class with each participant.

**DRUMS ALIVE**

Drums Alive DRUMTASTIC® is a research-based program that applies fitness, drumming, music, and educational concepts designed to improve the health of individuals with the use of drumsticks and yoga-style balls. The class will integrate kinesthetic awareness, neuro-muscular skills, cardiovascular conditioning, flexibility, strength, and wellness activities by using the Drums Alive DRUMTASTIC curriculum. Ages 13-21/22+.

**WHEN:** Wednesdays, April 4, 11, 25; May 2; Ages 13-25: 6:00pm-6:45pm; Ages 26+: 7:00-7:45pm

**WHERE:** ASPIRE! Music Room, 150 Goddard Memorial Dr., Worcester

**COST:** $60

**SIGN UP:** Before January 23

**PLEASE NOTE:** Minimum of 5 participants is needed to hold class. A support is suggested to be in class with each participant.

**LET’S CAKE DECORATE: WINTER COOKIES**

Susan Gaulin of Let’s Cake Decorate of Wilton At Home Classes will be leading everyone through the two-hour cookie decorating class. Each participant will decorate winter-themed cupcakes to take home. The cost is inclusive of all materials including the cupcakes take-home box and Wilton brand materials. Ages 19+.

**WHEN:** Tuesday, February 27, 6:00-8:00pm

**WHERE:** 150 Goddard Memorial Dr., Worcester

**COST:** $35

**SIGN UP:** Before February 12

**PLEASE NOTE:** A minimum of 4 people are needed to hold class. A support is recommended to attend with each decorator.

**Scholarships available**

To learn more, contact:

Jen Bergstrom: 508.796.1861, jbergstrom@sevenhills.org

Dianne Young: 508.796.1871, dyoung@sevenhills.org.

REGISTRATION: Registration is required for all activities. Instructors and coaches will focus on building skills and encouraging fun for all, which will not allow for individualized attention. To promote success and maintain safety, we ask that you provide a support person for participants who are under the age of 18, require extra support, and/or who do not have unsupervised time. **SIGN UP:** Contact the Recreation Dept. at 508.796.1861 or Jen Bergstrom at jbergstrom@sevenhills.org. Upon confirmation of signing up a detailed letter will be e-mailed a week prior to the start date which will include a schedule and payment information.
Susan Gaulin of Let’s Cake Decorate of Wilton at Home Classes will be leading everyone through the two-hour cupcake decorating class. Each participant will use buttercream frosting to decorate flower cupcakes to incorporate into a cupcake bouquet to take home. Enjoy these for yourself or give as a gift. The cost is inclusive of all materials and Wilton brand materials. Ages 19+.

**WHEN:** Tuesday, May 8, 6:00-8:00pm  
**WHERE:** 150 Goddard Memorial Dr., Worcester  
**COST:** $35  
**SIGN UP:** before April 23  
**PLEASE NOTE:** A minimum of 4 people are needed to hold class. A support is recommended to attend with each decorator.

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Susan Gaulin of Let’s Cake Decorate of Wilton At Home Classes will be leading everyone through the two-hour cake pop making and decorating class. Each participant will create and decorate six spring-themed cake pops to take home. The cost is inclusive of all materials and Wilton brand materials. Ages 19+.

**WHEN:** Wednesday, March 28; 6:00-8:00pm  
**WHERE:** 150 Goddard Memorial Dr., Worcester  
**COST:** $35  
**SIGN UP:** before March 12  
**PLEASE NOTE:** A minimum of 4 people are needed to hold class. A support is recommended to attend with each decorator.

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Join local artisan Rick West in an interactive wood shop-style class. All will complete three project kits, to be built in class along with instruction from start to finish. Ages 19+.

**WHEN:** Session 1: Thursdays, March 1, 8, 15, 22; Session 2: April 5, 12, 26; May 3; 6:30-8:00pm  
**WHERE:** 150 Goddard Memorial Dr., Worcester  
**COST:**  
**SIGN UP:** Session 1: $75, Session 2: $70  
**SIGN UP:** before February 15; Session 2: before March 22  
**PLEASE NOTE:** Participants are strongly encouraged to bring an adult support with them to class.

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Let’s Cake Decorate of Wilton At Home Classes will be leading everyone through the two-hour cupcake decorating class. Each participant will use buttercream frosting to decorate six spring-themed cupcakes to take home. The cost is inclusive of all materials including the cupcakes take-home box and Wilton brand materials. Ages 19+.

**WHEN:** Wednesday, April 11, 6:00-8:00pm  
**WHERE:** 150 Goddard Memorial Dr., Worcester  
**COST:** $35  
**SIGN UP:** before April 2  
**PLEASE NOTE:** A minimum of 4 people are needed to hold class. A support is recommended to attend with each decorator.
TUESDAY

Pool Tournament
Jan. 16
Feb. 13
5:00-6:30pm
Mason’s Bowling & Activity Center
640 North Main St., Leominster
RSVP @ 978.602.8697

Assistive Technology
Ask Us Anything!
Mar. 6
1:00-5:00pm
1460 John Fitch Highway, Fitchburg
RSVP @ 978.602.8697

Open Mic Night
Mar. 20
Apr. 17
5:00-7:00pm
Leominster Vet Center
100 West St., Leominster
Cost: $2, staff free
RSVP @ 978.602.8697

WEDNESDAY

Healtier Minds Social
Feb. 14
Mar. 14
Apr. 11
4:30-6:30pm
RSVP @ 978.632.4322
1460 John Fitch Hwy, Fitchburg
Simons Building, Entrance F
Gulf Conference Room
60 Hospital Road, Leominster

Self Advocacy
Jan. 23
Feb. 27
Mar. 27
Apr. 24
5:00-6:30pm
1460 John Fitch Highway, Fitchburg
RSVP @ 978.602.8697

Training: Transition Talks (Ages 17-22)
Jan. 23
Feb. 27
Mar. 27
Apr. 24
5:00-6:30pm
1460 John Fitch Highway, Fitchburg
RSVP @ 978.602.8697

Social: Cooking Classes: Healthy Food Choices
Feb. 1
Mar. 1
Apr. 5
5:00-7:00pm
1460 John Fitch Highway, Fitchburg
RSVP @ 978.602.8697

THURSDAY

Family Socials
Every Thursday
5:00-7:00pm
1460 John Fitch Hwy, Fitchburg
Join us every Thursday to meet other local families, socialize, & gather information from the North Central Family Support Center.

SOcial: Life Skills
Jan. 18
Feb. 15
Mar. 15
Apr. 19
5:00-7:00pm
1460 John Fitch Highway, Fitchburg
RSVP @ 978.602.8697

SOcial: Fun Bingo
Jan. 25
Feb. 22
Mar. 29
Apr. 26
5:00-7:00pm
1460 John Fitch Highway, Fitchburg
RSVP @ 978.602.8697

FRIDAY

$2.00 Movie Night
Feb. 2
Mar. 2
Apr. 6
5:30-8:30pm
1460 John Fitch Highway, Fitchburg
RSVP @ 978.602.8697

Bowling
Mar. 9
Mar. 16
Mar. 23
Mar. 30
4:30-6:30pm
Mason’s Bowling & Activity Center
640 North Main St., Leominster
RSVP @ 978.602.8697

SaturDAY

Down Syndrome Social
Feb. 3
Mar. 3
Apr. 7
5:00-7:00pm
1460 John Fitch Highway, Fitchburg
RSVP @ 978.632.4322

Open Mic Night
Join us for a fun Open Mic Night with DJ Eddie! Sing a song, read a poem, or tell a joke. Everyone is welcomed!

To learn more or to register, please contact:
Gina Bernard, 978.602.8711, gbernard1@sevenhills.org
Kathy Black, 978.602.8697, kblack@sevenhills.org
WORCESTER FAMILY SUPPORT CENTER EVENTS

799 West Boylston Street, Suite #2, Worcester, MA, 508.796.1851/1852. Coffee & Conversation Informal Drop-In every Thursday, 9:30-11:30 am & 5-7 pm, and every third Saturday, 9-11 am. Come share, network, get information or referrals, or just unwind with a cup of coffee and have someone listen.

MONDAY

Seven Hills Karaoke Night
3rd Monday of the Month
5:00-6:00 pm
Free admission, $5 for 2 slices of pizza and beverages.
Fraternal Order of the Eagles
53 Norfolk St., Worcester
RSVP @ kcarl@sevenhills.org
or call/text 774.272.0753

Steps to Independence
Robin Foley will be hosting monthly conversations with parents/caregivers around the planning steps needed to support “Steps to Independence.” The January dinner/meeting will be a planning session for future meetings and will take place at Il Forno, 65 W. Boylston St., W. Boylston at 6pm. Each session will allow time for networking, questions, and making connections with others. Guest speakers will be invited as needed. A social activity will be held simultaneously (except Jan 30th) at ASPIRE!

Self Direction Focus Group
Jan. 22
Mar. 19
May 21
6:00-7:30 pm
799 West Boylston Street
RSVP @ 508.796.1851 or amorales@sevenhills.org

Tuesday

Steps to Independence
Jan. 30
Feb. 27
Mar. 27
Apr. 24
May 29
6:00-8:00 pm
150 Goddard Memorial Dr.
RSVP @ 508.796.1871 or dyoung@sevenhills.org

Social Time at the Hill
Feb. 27
Mar. 27
Apr. 24
May 29
6:00-8:00 pm
150 Goddard Memorial Dr.
RSVP @ 508.796.1871 or dyoung@sevenhills.org

Cookie Decorating
Apr. 10, 6:30-7:30 pm
150 Goddard Memorial Dr.
Cost: $5
RSVP @ 508.796.1871 or dyoung@sevenhills.org

Spring Flower Arranging
Mar. 20, 6:30-7:30 pm
150 Goddard Memorial Dr.
Cost: $10
RSVP @ 508.796.1871 or dyoung@sevenhills.org

Pinterest Arts & Crafts Night
Mar. 28, 6:30-7:30 pm
150 Goddard Memorial Dr.
Cost: Free
RSVP @ 508.796.1871 or dyoung@sevenhills.org

COMING SOON!

Learning Hub/S.T.E.A.M. Classes
(Science Technology Engineering Art Math)
Tuesdays
150 Goddard Memorial Dr.

Fitness with Joe
Wednesdays, 6:30pm-7:30pm
April & May
150 Goddard Memorial Dr.
### Thursday

**YMCA Karaoke**
First Thursday of each Month  
6:00-8:00pm  
Borough’s YMCA, 4 Valente St.  
Westborough  
RSVP @ 774.272.0753 or kcarl@sevenhills.org

**YMCA Karaoke**
Free admission, $4.00 for 2 slices of pizza and beverages. Open to all at the Borough’s YMCA. Families are encourage to attend. All individuals must be accompanied by family or staff.

**Beginner ASL Class**
1st session  
Mar. 1  
Mar. 8  
Mar. 15  
Mar. 22  
6:30-7:30pm  
2nd session  
Apr. 5  
Apr. 12  
Apr. 27  
May 3  
6:30-7:30pm  
150 Goddard Memorial Dr.  
Cost: Free  
RSVP @ 508.796.1871 or dyoung@sevenhills.org

**Adult Coloring Night**
Jan. 18  
5:00-7:00pm  
799 West Boylston Street  
RSVP @ 508.796.1852

**We Care Project “Scarf Making”**
Jan. 25  
5:00-7:00pm  
799 West Boylston Street  
RSVP @ 508.796.1852

**We Care Project**
Join us in making fleece scarves that will be donated to people in need.

**Music Sing-A-Long**
Feb. 1  
Mar. 1  
5:30-7pm  
799 West Boylston Street  
RSVP @ 508.796.1852

**Transition Talks**
Feb. 1  
Mar. 1  
6:00-7:00pm  
799 West Boylston Street  
RSVP @ 508.796.1852

**Music Sing-A-Long**
Get together with music fans of all ages to share your favorite songs, watch youtube music videos or chat about your favorite bands.

**Transition Talks**
Join parents of 14-22 year olds in conversation on the planning steps needed for successful transition to the adult world.

**Painting with Friends**
Thursday  
Feb. 22  
5:00-7:00pm  
799 West Boylston Street  
RSVP @ 508.796.1852

**Painting with Friends**
A fun paint night creating your own masterpiece while socializing with others!

**Fletcher Tilton Parent/Guardian Workshops**
Mar. 15  
Guardianship  
5:30-7:00pm  
Apr. 26  
Wills & Trusts  
5:30-7:00pm  
799 West Boylston Street  
RSVP @ 508.796.1852

**Fletcher Tilton Parent/Guardian Workshops**
Join a representative from Fletcher Tilton for parent/guardian workshops regarding the care of your loved one.

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RSVP is required for all activities at the Worcester Family Support Center. Please see each event for specific RSVP information. Questions? Contact the Worcester Family Support Center at 508.796.1852.
**SOUTH VALLEY FAMILY SUPPORT CENTER EVENTS**

208 Charlton Road, Sturbridge, MA, 774.241.2500. Hours are Monday-Friday, 8 am-4 pm unless otherwise specified. Drop in at any time or call for a personalized appointment. Every Thursday, 10 am-Noon: Coffee & Conversation Informal Drop-In. Come share, network, get information or referrals.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **Monday Funday!**
Feb. 12
Mar. 12
Apr. 9
208 Charlton Road, Sturbridge
RSVP @ 774.241.2505

**iPad Club with Missi & Rich**
Jan. 24
Feb. 21
Mar. 21
208 Charlton Road, Sturbridge
Cost: Free
RSVP @ 774.241.2505

**SEPAC Union 61**
Every 2nd Thursday
6:00-8:00pm
208 Charlton Road, Sturbridge
RSVP @ 774.241.2505

**Wood Working with Rick West**
Jan. 20
Feb. 24
Mar. 24
Apr. 28
10am-Noon
208 Charlton Road, Sturbridge
Cost: $10/$20
RSVP @ 774.241.2505

**Monday Funday!**
New for 2018! Monday Funday Crafts, Movie, or Game Night. Every month will be something different.

**iPad Club with Missi & Rich**
Learn everything iPad! Apps, Education, Security and more!

**SEPAC Union 61**
Advisory group for parents, professionals and community, with a focus on education. All are welcomed!

**Community Chats**
Join parents/guardians, grandparents & caregivers to share your experiences.

**Community Chats**
Feb. 15
Mar. 15
6:30-7:30pm
208 Charlton Road, Sturbridge
RSVP @ 774.241.2505

**Fun Art with Simone Germain**
Feb. 15
Mar. 15
Apr. 19
4:30-6:30pm
208 Charlton Road, Sturbridge
Cost: $10/session
RSVP @ 774.241.2505

**Community Chats**
Feb. 15
Mar. 15
6:30-7:30pm
208 Charlton Road, Sturbridge
RSVP @ 774.241.2505

**Wood Working with Rick West**
Hands on craft building; projects change monthly. Fees are $10–$20, based on the project. Space is limited; please RSVP to make your reservation.

**Fun Art with Simone Germain**
Art for everyone, all ages, all abilities! Different projects with different materials each month. Class size is limited.

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To learn more or to register, please contact:

Jayne Bowler, 774.241.2505, jbowler@sevenhills.org

Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org

For more information about our weekly programs, or cancellations due to inclement weather check us out online!

Follow Along on Social Media:
facebook.com/SHF.FamilySupportCenters

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**SAVE THE DATE FOR UPCOMING LOCAL CONFERENCES!**

| MassHealth Insurance Info Sessions |
| Feb. 3, 2018 |
| 10:00am-7:00pm |
| DCU Center, Worcester |

| Planning a Life Conference |
| Feb. 8 - 9, 2018 |
| 8:30am-4:30pm |
| Federation’s Boston Office |
| https://fcsn.org/linkcenter/pal |

| Visions of Community 2018 |
| Mar. 10, 2018 |
| 7:30am-5:30pm |
| Seaport World Trade Center |
| 1 Seaport Lane, Boston, MA |

| Mass Down Syndrome Congress Conference |
| Mar. 24, 2018 |
| 9:00am-3:00pm |
| DCU Center, Worcester |

| 15th Annual West Region Self Advocacy Conference |
| May 5, 2018 |
| Springfield |

| Massachusetts Early Intervention Consortium |
| May 7-8, 2018 |
| Framingham |
HELPFUL RESOURCES

Catastrophic Illness in Children Relief Fund (CICRF)
CICRF helps families bear the excessive financial burdens associated with the care of children with special health care needs and disabilities. It provides financial assistance to families in Massachusetts for expenses incurred for the medical and related needs of children under age 22 who are not otherwise covered by insurance, federal or state health-care assistance. 800.882.1435 or 617.624.6060 or mass.gov/eohhs/gov/departments/dph/programs/family-health/cicrf

Department of Conservation and Recreation’s (DCR) Universal Access Program
DCR’s Universal Access Program is dedicated to providing outdoor recreation opportunities in Massachusetts State Parks for visitors of all abilities. 413.545.5353 or mass.gov/eea/agencies/dcr/massparks/accessibility

Worcester County Probate and Family Court Lawyer for the Day
Volunteer lawyers are available to answer questions and help fill out court forms at the Worcester County Probate and Family Court. No appointment is necessary, but you must be low-income eligible to get free legal help. 508.831.2200

MA Easter Seals Youth Leadership Network (YLN)
Through the support of the Mass Rehab Commission, the YLN promotes self-advocacy and self-awareness for teens and young adults with disabilities, aged 16 to 21, plus opportunities for youth and young adults, aged 14 to 26. This is an opportunity for youth to make friends in their local communities and within the larger network group. 617.226.2855 or easterseals.com/ma/our-programs/youth-services/youth-services.html

SPED Child & Teen
This website was inspired by a family’s never-ending quest for programs and services to help their 21-year-old son with Asperger’s. This is a one-stop place to view upcoming events and opportunities from many of the region’s organizations. spedchildmass.com

LOCAL CAMP INFORMATION

YMCA Camp Greendale, Worcester, MA
Set on Indian Lake, YMCA Camp Greendale strives to enhance social skills; build character, self-esteem, leadership; support wellness; and appreciate diversity. To learn more, contact: Stephan Lockney Director, Camp Greendale on Indian Lake slockney@ymcaofcm.org | 508.852.6694 ext. 234 ymcaofcm.org/locations/greendale-family-branch

Camp Fatima, Gilmanton Iron Works, NH
Overnight camp for children and adults with intellectual or physical disabilities. Provided at no cost to campers and families. ecweek.org

Turn Back Time, Paxton, MA
Children of all abilities enjoy nature exploration, farm education, and play on a 58-acre homestead, which boasts a working farm, nature playground, beaver ponds, and an extensive trail system. Turn Back Time is a fully integrated program with staff available for children with special needs. tbtinc.org

Camp Arrowhead, Natick, MA
A six-week day camp open to children (5+) and adults with disabilities. Each camper is paired with a 1-on-1 volunteer to offer companionship and assistance. arrowhead5.wixsite.com/camparrowheadnatick

Camp Jabberwocky, Martha’s Vineyard
Children and adults with disabilities enjoy the summer with adventurous activities and experiences that are safe, empowering, exciting, and fun. campjabberwocky.org

Camp Fatima, Gilmanton Iron Works, NH
Overnight camp for children and adults with intellectual or physical disabilities. Provided at no cost to campers and families. ecweek.org

Pine Tree Camp, Camp Communicate, Rome, ME
Accessible summer camp for children who are non-verbal and use computerized devices to communicate. Enjoy arts, crafts, drama, and swimming. Family also attend to network and respite on the 285-acre North Pond campus. pinetreesociety.org/event/camp-communicate-2017
JOIN OUR GROUPS AT THE WORCESTER FAMILY SUPPORT CENTER!

OUT & ABOUT
Join Out & About a few times a week for local, social events!

Our Seven Hills Out & About group meets two to three times a week in the community. Typical outings include movie nights at the W. Boylston Cinema, shows at the Hanover Theatre, swim times at local pools, poetry writing groups, improv groups, walking groups, and visits to the Worcester Art Museum. Enrich your social opportunities within the community!

Out & About events are planned and promoted online and open only to its members. To join, individuals must first register on MeetUp.com, then request to join the Out & About Worcester group or Over Thirty Group by filling out a brief questionnaire.

Over Thirty Group: www.meetup.com/Out-About-Over-Thirty
or contact Krystal Carl, 774.272.0753 or kcarl@sevenhills.org.

Out & About is a Seven Hills group, funded by the Massachusetts Department of Developmental Services (DDS), to help individuals, living with their families in Worcester, Auburn, Leicester, Boylston, W. Boylston, Holden, Paxton, or Shrewsbury, connect socially.

SELF ADVOCACY GROUP
Feb. 7, Mar. 7, Apr. 4, May 2 • 3:00-4:00pm or 6:00-7:00pm

The goal of the Self Advocacy Group is to teach individuals how to make decisions and choices that affect their lives. Participants become more independent and learn about advocating for themselves, supporting each other, and helping each other gain confidence so they can speak out for what they believe in. To register, contact Mary Kathryn Labenski at 508.796.1894 or mlabenski@sevenhills.org.