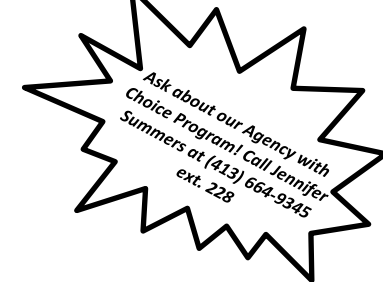

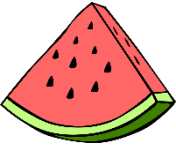


North Adams June 2024

Family Support Center North County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 2 days prior.
For more information, or to RSVP for events, please contact (413) 664-9345, ext. 200.

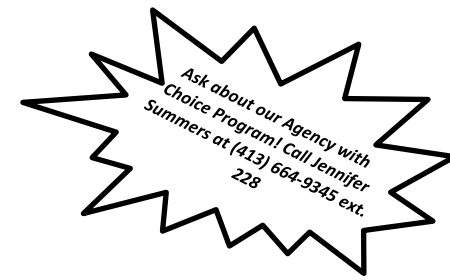


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Guatemala is our country of the month!						1 
2 	3 Caregiver Coffee Hour 2:00PM-3:00PM Meditation Mondays 4:00PM-5:00PM	4 CATA 4:00PM-5:30PM	5 Drop-In 6:00PM-8:00PM Cost- See Description	6	7	8 Pride Parade 9:00AM-12:00PM 
9	10 Meditation Mondays 4:00PM-5:00PM	11 Self-Advocates 3:00PM-4:00PM	12 Outdoor Game Night 6:00PM-8:00PM Cost- See Description	13	14	15
16	17 Women's Group 6:30PM-8:30PM Cost: See Description	18	19 UCP is CLOSED in observance of Juneteenth!	20 Caregiver Coffee Hour 3:30PM-4:30PM Parent Advisory Group 4:00PM-5:00PM	21	22 
23 	24 Meditation Mondays 4:00PM-5:00PM	25 Men's Group 6:30PM-8:30PM Cost: See Description	26 Live on the Lake 6:00PM-8:00PM Cost- See Description	27	28	29 30

Pittsfield June 2024

Family Support Center Central County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 2 days prior.
For more information, or to RSVP for events, please contact (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Guatemala is our country of the month!						1 
2 	3 Caregiver Coffee Hour 2:00PM-3:00PM	4	5 Drop-In 6:00PM-8:00PM Cost- See Description	6	7	8 Pride Parade 9:00AM-12:00PM 
9	10	11 Self-Advocates 3:00PM-4:00PM	12 Outdoor Game Night 6:00PM-8:00PM Cost- See Description	13	14	15
16 	17 Women's Group 6:30PM-8:30PM Cost: See Description	18	19 UCP is CLOSED in observance of Juneteenth!	20 Caregiver Coffee Hour 3:30PM-4:30PM <hr/> Parent Advisory Group 4:00PM-5:00PM	21	22 
23	24	25 Men's Group 6:30PM-8:30PM Cost: See Description	26 Chalk Night 6:00PM-8:00PM Cost- See Description	27	28	29  30

PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for June 2024

Please sign up for each event by calling

(413)-664-9345 ext. 200

For Zoom events, the link will be sent out after you sign up and
give your email!

Guatemala is the country of the month!



Monday's

- Meditation Monday (North Adams)



- ❖ Stretching, meditation, self-reflection, and movement are crucial for our physical and mental health. Join Jen Ross in a class that features improv dancing, yoga, and fun meditation techniques to feel the best you ever have! **This event is held on Monday, June 3rd , 10th, and 24th from 4:00PM-5:00PM in the North Adams Office as well as via Zoom. Please notify if you would like the Zoom link.**

Wednesday's:

- Drop-In! (North Adams and Pittsfield)



- ❖ COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about Guatemala which is the country of the month! Did you know there are 21 different dialects spoken in Guatemala? There are also more than 30 volcanoes in the country! Join us to learn more fun facts and trivia! This is a great opportunity to meet new people and explore what the UCP Family Support Centers have to offer! **For dinner, feel free to bring money to order out, eat beforehand, or bring your dinner with you! If you choose to order out, please bring at least \$25. This event will be held Wednesday, June 5 from 6:00PM-8:00PM.**



- **Outdoor Game Night (North Adams and Pittsfield)**
 - ❖ With the warm weather here it is time to get outside and moving! UCP is hosting an outdoor game night! Games will include cornhole, basketball, and other various ball games! Breakfast for dinner will be served as well as a beverage! **This event will be held on Wednesday, June 12 from 6:00PM-8:00PM and cost \$8 to attend.**



- **Live on the Lake (North Adams)**
 - ❖ What better way to kick off summer than with Windsor Lake's "Live on the Lake" series! Come enjoy the relaxing sounds of music by local artist Ian Campbell! **Don't forget to bring a lawn chair or blanket to sit on! This event will be held on Wednesday, June 26 from 6:00PM-8:00PM. For dinner, please feel free to bring your own, eat beforehand, or grab take-out. If you are eating out, please bring at least \$25.**
- **Chalk Night (Pittsfield)**
 - ❖ Let's get chalk crazy! Choose your favorite color(s) and create a unique design to decorate the Pittsfield parking lot! Can you create the coolest chalk art? A hot dog bar and pasta salad will be served for dinner! **This event will be held on Wednesday, June 26 from 6:00PM-8:00PM and cost \$8 to attend.**



ATTENTION! WEEKEND OFFERINGS!



Saturday's

- **Pride Parade (North Adams and Pittsfield)**
 - ❖ June is pride month and the City of Pittsfield is kicking it off with a Pride parade! Join the community in coming together to show our support! After the parade, there will be a variety of vendors, drag performers, games, and musical artists! **This event will be held on Saturday June 8 from 9:00AM-12:00PM. Please bring at least \$25 to get lunch and any other items you may like to purchase!**

Rejoin some pastime favorites!



- ❖ Parent Advisory Group:
Your input is vital! HELP! HELP! HELP! UCP is looking to create an active Parent Advisory Group to help choose family trainings, events to enhance programming, and a chance to share your thoughts about what the future holds for your member, for the agency, and your options through Department of Developmental Services! **This event will be on Thursday, June 20 from 4:00PM-5:00PM via Zoom.**

- ❖ Joint Women's Group: **Monday, June 17 from 6:30PM-8:30PM.** Come have a girl's night out with UCP! Batter up! This month for Women's Group, the ladies are going to a Steeplecats Game! **Please bring at least \$30 for your ticket and dinner!**

- ❖ Joint Men's Group: **Tuesday, June 25th from 6:30PM-8:30PM.** Men's Group wants you to join! STRIKE you are out! Join the guys for a night on the field at a Steeplecat's Game! **Please bring at least \$30 for your ticket and dinner!**

- ❖ Self-Advocates: We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, June 11th from 3:00PM-4:00PM in person** and catch up, chat, and brainstorm new ideas and innovations! Self-advocates is always looking for new members, so join a meeting and see what we are all about! **This event costs \$2.00.**



- ❖ Caregiver Coffee Hour: You bring the coffee; we will bring the conversation! Join Care Manager Meghan Robertson-Hayes to talk about issues, current events, or any other topic ideas you may have! This is also a great time to brainstorm ideas to enhance programming! All ideas are welcome! **This event will be held Monday, June 3 from 2:00PM-3:00PM and Thursday, June 20 from 3:30PM-4:30PM, both dates via Zoom.**



If you have not already and want to be on our email list for calendars, activities, and special events, please call (413) 664-9345 ext. 200 to get your name and email on our electronic list!



The MA Partnership for Supporting Parents with I/DD

YOU ARE INVITED TO OUR COMMUNITY OF PRACTICE (CoP)

The Partnership is hosting a CoP for serving MA parents living with I/DD. We hope providers, parents, and community members will join us for this ongoing conversation.

WHAT IS A COMMUNITY OF PRACTICE?

- A community of practice (CoP) is a group of people who share a common concern, a set of problems, or an interest in a topic and who come together to fulfill both individual and group goals.
- Communities of practice often focus on sharing best practices and creating new knowledge to advance a domain of professional practice. Interaction on an ongoing basis is an important part of this.
- Many communities of practice rely on face-to-face meetings as well as web-based collaborative environments to communicate, connect and conduct community activities.



WHEN: June 5, 2024 from 9-10 am EDT

WHERE: Virtual on Zoom

TO JOIN: [CLICK HERE](#)

For questions contact Ellen Kilicarslan at ellen.kilicarslan@mass.gov

This partnership is a collaboration between The Department of Developmental Services (DDS), The Department of Children and Families (DCF), The Children's Trust, The United Arc, Communitas, and The Arc of Massachusetts.



**Do you have a child with behavioral challenges?
Do you have other children who are impacted?
If so, caregivers and siblings are invited to join us!**

Supporting Siblings

*Intended for parents/caregivers and siblings of youth
with Autism, Developmental Disabilities, and/or Mental Health Issues*

What's it like? Over Zoom, siblings meet other children and teens who know what it's like to have a brother or sister with behavioral challenges. Siblings have a chance to talk, learn coping skills and feel better. The Zoom is facilitated by psychiatrists and trainees at UMass Chan Medical School.

What about parents & caregivers? First-time participants join a Zoom session led by our trained parent mentor. They learn about the sibling experience, the importance of supporting siblings, and strategies to support siblings. Returning participants join a different Zoom session, led by the program social worker, to address ongoing family challenges that impact siblings.

Registration is required. We meet the first Thursday night of each month at 5:30pm.

Details...

- 1. Is there a cost?** This is a free program.
- 2. Who is eligible?** All caregivers are eligible if the affected child has siblings of any age. Siblings are eligible if they are 6 - 18 years old and do not have significant behavioral issues of their own.
- 3. Can caregivers attend even if siblings do not attend?** Yes, and vice versa.
- 4. How do I register?** To ask questions or reserve your spot, call (857) 523-1145 or email emily.rubin@umassmed.edu. After signing an online consent form, you will receive an email with instructions to log into Zoom.

UMass Chan Medical School Department of Psychiatry collaborates with Parent/Professional Advocacy League (PPAL) and MCPAP. We are grateful for funding from The FAR Fund and The Weil Foundation.

June Rite of the Month

Safety



What that means:

- I have the right to feel safe in my home, school, job sites and the community places I visit.
- I have the right to be free from abuse, mistreatment and neglect from people.
- I have the responsibility to not be abusive to family, friends, staff, and caregivers.

What I am responsible for with that Right:

- I have the responsibility to make sure I treat everyone as I want to be treated.

****UCP Supports The Rights and Responsibilities of all our members****