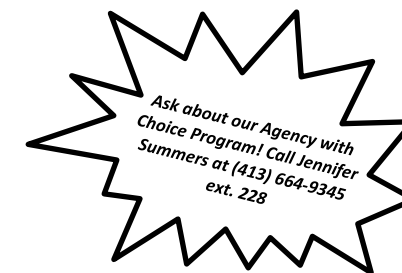






North Adams March 2026

Family Support Center North County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 24 hours prior.
For more information, or to RSVP for events, please contact (413) 664-9345, ext. 200.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Illinois is our state of the month! 	2	3	4 Drop-In 6:00PM-8:00PM Cost: \$25+	5 CATA Visual Art 4:00PM-5:30PM <hr/> Open Swim (Pittsfield) 6:00PM-7:00PM	6 Caregiver Coffee Hour 1:30PM-2:30PM	7
8 Daylight Savings! Remember to spring your clocks forward 1 hour!	9	10 ABLE Account Training 6:30PM	11 MCLA Lacrosse Game 6:00PM-8:00PM Cost: \$20+	12 CATA Visual Art 4:00PM-5:30PM <hr/> Open Swim (Pittsfield) 6:00PM-7:00PM	13	14 
15 	16	17 Social Club: St. Patrick's Day Crafts 6:00PM-8:00PM Cost: \$10	18 St. Patrick's Day Party & Movie: The Luck of the Irish 6:00PM-8:00PM Cost: \$15	19 CATA Visual Art 4:00PM-5:30PM <hr/> Open Swim (Pittsfield) 6:00PM-7:00PM	20 Parent Advisory Group 2:00PM-3:00PM	21 ThunderFest (Adams) 12:00PM-3:00PM
22	23	24 Caregiver Coffee Hour 3:30PM-4:30PM <hr/> Self-Advocates 5:15PM to 6:15PM Cost: \$2	25 Special Education Training 11:30AM-1:00PM <hr/> Spring Carnival 6:00PM-8:00PM Cost: \$15	26 CATA Visual Art 4:00PM-5:30PM <hr/> Open Swim (Pittsfield) 6:00PM-7:00PM	27	28
29	30	31 Social Club: Bowling 6:00PM-8:00PM Cost: \$15+				Illinois state outline 

Pittsfield March 2026

Family Support Center Central County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 24 hours prior.
For more information, or to RSVP for events, please contact (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Illinois is our state of the month! 	2	3 CATA Drumming 4:00PM-5:00PM	4 Drop-In 6:00PM-8:00PM Cost: \$25+	5 Open Swim 6:00PM-7:00PM	6 Caregiver Coffee Hour 1:30PM-2:30PM	7
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29	30	31 CATA Drumming 4:00PM-5:00PM <hr/> Social Club: Bowling 6:00PM-8:00PM Cost: \$15+				Illinois state outline 

Events for March 2026

PLEASE SIGN UP 24 HOURS PRIOR TO ALL UCP EVENTS!

**Please sign up for each event by calling
(413) 664-9345 ext. 200**

**If you are not on the electronic newsletter, please call to get your email on the list!
For Zoom events, the link will be sent out after you sign up and give your email.**

The state of the month is Illinois!



Tuesdays:

- CATA Drumming (Location: Pittsfield office)



- ❖ It's time to make some music! Join instructor Katie Herbst as she teaches you the tricks and techniques of drumming! You won't want to miss a beat! **This class will take place every Tuesday in March in the Pittsfield office from 4:00PM-5:00PM.**

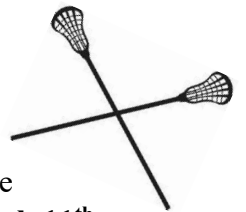
Wednesdays:

- Drop-In!

- ❖ COME ONE! COME ALL! Stop by the UCP Offices to say hello and learn about our state of the month! This is a great opportunity to meet new people, explore what the UCP Family Support Centers have to offer, and learn about out state of the month! For dinner, feel free to bring money to order out, eat beforehand, or bring your dinner with you! **This event will take place on Wednesday, March 4th from 6:00PM-8:00PM. If you choose to order out, please bring at least \$25.**

- MCLA Lacrosse Game (MCLA Athletic Complex in North Adams)

- ❖ Massachusetts College of Liberal Arts will be playing against Salem State University in an energetic game of lacrosse! Help them kick off the lacrosse season strong this spring! **This event will take place on Wednesday, March 11th from 6:00PM-8:00PM and is free to attend. Please bring at least \$20 for dinner or eat beforehand. We will eat before the game starts!**





- Saint Patrick's Day Party & Movie Night: The Luck of the Irish
 - ❖ Wear as much green as possible! We will be watching The Luck of the Irish, a fun, fantastical movie about a boy who discovers he is a leprechaun. **This event will take place on Wednesday, March 18th from 6:00PM-8:00PM and costs \$15. Dinner will be corned beef, cabbage, carrots, and potatoes, and green Jell-O for dessert!**
- Spring Carnival (Location: North Adams)
 - ❖ Celebrate the arrival of spring with carnival games like cornhole, ring toss, basketball, and ball toss. Of course, it isn't a carnival without prizes and food too! **This event will take place on Wednesday, March 25th from 6:00PM-8:00PM and costs \$15. We will have hot dogs, cheesy fries, popcorn, and funnel cakes!**

Thursdays:

- Adaptive Ice Skating (Location: Peter W. Foote Vietnam Veterans Memorial Rink in North Adams)
 - ❖ Join All Out Adventures for Adaptive Ice Skating on **Thursday, March 5th from 11:00AM-1:00PM**. Use your wheelchair, an ice sled, a skate walker, ice grippers, or conventional skates to explore the world of ice skating. Family members and caregivers are welcome to participate. Remember to dress warmly! **Space is limited, so it is extra important to register ahead of time and secure your spot! To register, visit alloutadventures.org, call (413) 584-2052, or email programs@alloutadventures.org**. The cost is free, but a \$5 donation is recommended. The address is 1267 South Church Street in North Adams. **UCP does not provide transportation or staffing.**
- CATA Visual Arts (Location: North Adams office)
 - ❖ Join art teacher Jeff Gagnon as he teaches you different tips, tricks, and techniques for creating a masterpiece! **This visual art series will run every Thursday in March from 4:00PM-5:30PM at the North Adams office.**
- Open Swim (Location: Gladys Allen Brigham Center in Pittsfield)
 - ❖ **Pre-registration is required each week! Please contact UCP at (413) 664-9345 ext. 200 to sign up!** Open Swim is back for all UCP members and families! **This program is free and will be offered every Thursday in March from 6:00PM-7:00PM at the Gladys Allen Brigham Center. UCP does not provide transportation or staffing.**



Introducing the Social Club!

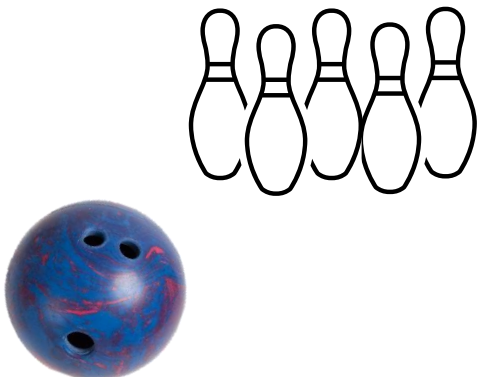
The Social Club will hold integrated and exciting group activities. We will get out into the community, learn new skills, and make new friends. Come join us for a variety of great events, whether they are old favorites or completely new!

These are our debut Social Club events for March:

- Social Club: Saint Patrick's Day Crafts (Location: North Adams office)
 - ❖ We will be learning the technique of paper quilling to make St. Patrick's Day masterpieces! This type of art involves rolling paper and sticking it down sideways to make 3D shapes. **This event will take place on Tuesday, March 17th from 6:00PM-8:00PM and costs \$10. Dinner will be green eggs and ham!**



- Social Club: Bowling (Locations: King Pins in North Adams and K&M Bowling in Pittsfield)
 - ❖ Bowling is back! We're "splitting" this event and going to both bowling alleys in North Adams and Pittsfield. **This event will take place Tuesday, March 31st from 6:00PM-8:00PM. This event will cost \$15 for bowling and shoe rental. If you wish to purchase dinner or play at the arcade, please bring at least \$40.**



Rejoin us for some old favorites!

- Parent Advisory Group (Location: Online)
 - ❖ Your input is vital! UCP is looking to create an active Parent Advisory Group. Come meet our new Family Support Center Coordinator and help choose family trainings, events, and programming. This is a chance to share your thoughts about what the future holds for your member and learn about the support options offered through the Department of Developmental Services! **This event will take place on Friday, March 20th from 2:00PM-3:00PM.**
- Caregiver Coffee Hour (Location: Online via Zoom)
 - ❖ You bring the coffee; we bring the conversation! Join Care Manager Meghan Robertson-Hayes to talk about issues, current events, and any other topic you may wish! All ideas are welcome! **These events will take place on March 6th from 1:30PM-2:30PM and March 24th from 3:30PM-4:30PM.** For March 6th, the topic of discussion will be the Open Future Learning Training is ‘All Behavior is Meaningful.’ For March 24th, it will be nursing training with Francine Barber.
- Self-Advocates (Location: North Adams office)
 - ❖ Join your peers to catch up, chat, and brainstorm new ideas for events and fundraisers! Self-Advocates is always looking for new members, so join a meeting and see what we are all about! **This event will take place on Tuesday, March 24th from 5:15PM-6:15PM and costs \$2.00.**





ATTENTION! WEEKEND OFFERINGS!



Weekend offering attendees are chosen at random based upon who has already attended events as space is limited.

- ThunderFest: (Location: Adams Visitor Center)
 - ❖ Get rid of that cabin fever! This outdoor music festival is completely free, but **please bring at least \$20 for lunch and souvenirs. This event will take place on Saturday, March 21st from 12:00PM-3:00PM**

This year, the musical acts at ThunderFest will be Uncle Stash from 12:00PM-2:00PM and we will catch the beginning of the Whiskey City performance at 2:30PM!

There will be local craft beer and wine, great food, outdoor recreation and craft exhibitors, and a toasty campfire with marshmallows. Historic Train Rides by Berkshire Scenic Railway will also be available, right across Hoosac Street at Adams Station.

BERKSHIRE BREWING COMPANY
EST. 1994
Crafters of Fine Ales & Lagers
SOUTH BURLINGTON, VT

WANDERING
Skiing, Snowshoeing, Snowmobiling

THUNDERFEST

THUNDERFEST | Adams, MA | Music | Food | Local Beer | Family Fun
"Surefire Cure for your Cabin Fever"

Adams COMMUNITY BANK **ALADCO** **BERKSHIRE GAS**



State of the month:
Illinois (IL)



Capital: Springfield

State bird: Cardinal

State flower: Violet

State animal: White-tailed deer



Illinois became the 21st state in 1818.

Chicago, Illinois has dyed the Chicago River green for St. Patrick's Day since 1962. The Chicago Plumbers Local 130 Union uses 40 pounds of dye, which lasts a few hours. It is vegetable-based to make sure it doesn't harm the river, but the exact formula is kept a secret!





Sign up for updates and information about Attainable® at mefa.org/able-registration-form

What Is Attainable®?

The Attainable® Savings Plan (or ABLE account) is an investment account that allows individuals with disabilities to save and invest money. Eligible individuals can save up to \$20,000 a year (\$100,000 total) while receiving disability benefits.



Changes in Eligibility

Individuals are now eligible if the applicable disability was onset before they turned **46** years old.

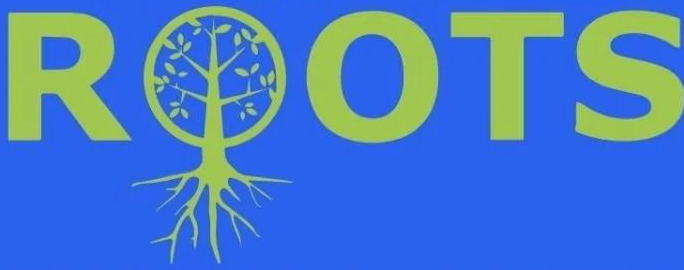
How Do I Enroll?

UCP will be hosting a step-by-step training on March 10th at 6:30pm. This virtual training will go over qualified expenses, how to enroll, and the changes in eligibility/contribution limits.



Join us on March 10th at 6:30pm!

northern berkshire teen center



EMOTIONAL SAFETY AND STRATEGIES FOR DE-ESCALATION

FACILITATED BY CHRISTA TINARI OF
PEACE PRAXIS



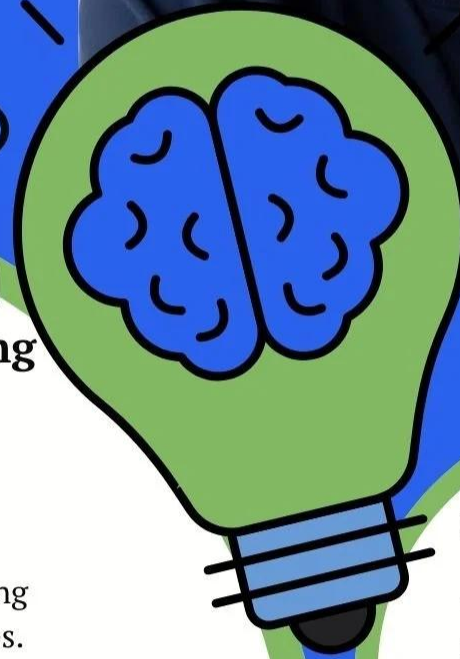
**Boost your confidence in handling
tricky situations!**

This training will provide a neurophysical framework for understanding emotional and psychological safety as a prerequisite for building positive relationships with youth and colleagues. Participants will learn key skills for nervous system regulation and critical communication tools for navigating difficult conversations. Skills will be widely applicable to personal and professional situations.

- ✓ For professionals working with teens
- ✓ Food & refreshments provided



Scan QR Code to RSVP or go to
rootsteencenter.org/community-workshops



**THURS
MAR 5**

5:00PM-7:30PM
51 ASHLAND ST
NORTH ADAMS MA

\$30/person

Sponsorship available
upon request!





Family Mental Health Webinar with NAMI Massachusetts

This is an online education series designed for families of people with mental health conditions. Each session blends personal stories, research insights, and practical tools to help families reflect on where they've been, where they are now, and where they might go next.

* This series explores evolving approaches, rethinking what's possible through real-life examples of people and communities.

* Participants are invited to consider new possibilities for supporting loved ones and the future of mental health care.

* Each session includes a live 55 minute webinar with Q&A and an optional follow on 30 minute small-group discussion for deeper conversation.

Feb 24, 2026 07:00 PM
March 3, 2026 07:00 PM
March 10, 2026 07:00 PM

Register here:



To register or for more information, call (800) 370-9085, email info@namimass.org, or visit https://us02web.zoom.us/webinar/register/WN_4bnCBT4WRHyMWc3MNqJptA#/registration.

Need extra help? We all do sometimes. NAMI also has a local support group in Pittsfield and the Compass Helpline listed below:

Pittsfield Family Support Group
2nd Thursday of the month
6:30 pm to 8 pm via Zoom

Contact: Wes at 413- 443-1666 or namibc@namibc.org

The Compass Helpline is available Monday through Friday, 10 am to 6 pm. Call us at 617-704-6264, email us at compass@namimass.org, or schedule a call with us.



Massachusetts Department of Developmental Services

Family Support Essentials

As a Family Support Provider or a DDS staff working with families who have kept their loved one at home, you are invited to an online training series. This four-part series of trainings are designed to either teach you more about Family Support and what it can offer, or to refresh your knowledge. We encourage all Family Support Providers and Area Office staff to attend all sessions.

This series is strongly recommended if you are:

- New to Family Support
- A DDS staff that works with families
- Unsure of all that Family Support has to offer
- A provider working in Family Support

DDS 101 for Family Support and DDS Staff

November 19, 2025, 11:30 am to 1:00 pm ET

Register: https://umass-amherst.zoom.us/meeting/register/Y_rkMbFKQVampcaN7ufqbQ

DDS supports over 15,000 families, come and be introduced or re-introduced to the supports that exist through our Family Support Centers and Family Support Programs.

Flexible Funding Administration

January 21, 2026, 11:30 am to 1:00 pm ET

Register: <https://umass-amherst.zoom.us/meeting/register/ssLFTMvxToCmLvu7ldifhA>

We will review the purpose and context of flexible funding. We will also review the administration and documentation of the funds including the flexible fund review process.

Overview of Special Education

March 25, 2026, 11:30 am to 1:00 pm ET

Register: <https://umass-amherst.zoom.us/meeting/register/4R8EqY9PQgaB0CcV0-04Rg>

Come learn about the fundamentals of special education process and how to use your role as a DDS service coordinator and as family navigators to support families before and during IEP meetings.

Family Support Manual and Guidelines

May 6, 2026, 11:30 am to 1:00 pm ET

Register: <https://umass-amherst.zoom.us/meeting/register/njGn7e77QeaXsjqLIBJXkg>

This session will provide excellent information about The Why, The How, and The What of the manual.

All meetings will be held virtually.



Peter W. Foote Vietnam Veterans Memorial Rink-Recreation Program

1267 South Church Street
North Adams, MA 01247 (413) 664-8185



Adaptive Skating—Games on Ice!

Thursdays

11 a.m.–1 p.m.

December 18, January 15

February 12 & March 5



Join the [Universal Access Program](#) for accessible skating, socializing and fun at [Peter W. Foote Vietnam Veterans Memorial Rink](#) in North Adams! This program is run by our partner [All Out Adventures](#).

Use your wheelchair, an ice sled, a skate walker, ice grippers, or conventional skates on the ice. Spin, slide and play gently competitive games! There will be pucks and colorful balls to shoot around, races, and a tower of blocks to crash down!

The rink is cold, so please dress warmly and bring your winter coat, gloves or mittens, scarf, and a hat!

This program is for people with disabilities, their families, support staff, and friends. All are encouraged to join on the ice to help support! Yaktrax (ice grippers) are available in the lobby for those that can't skate.

Pre-registration is required. Participants may sign up for a one-hour timeslot. You must request by noon the day before the program.

Groups: Maximum group size is 15, including staff.

Cost: **FREE**; AOA suggested donation—\$5/person

Questions & To Register: Register with AOA online at alloutadventures.org, call (413) 584-2052, or email programs@alloutadventures.org.

Ice sleds are available on site for ongoing community use.



Coming Event



Department of Conservation and Recreation, Universal Access Program
mass.gov/dcr/universal-access



March Right of the Month

Liberty



What that means:

- I have the right to be treated with dignity and respect by everyone.
- I have the right to use my self-determination skills.
- I have the right to make choices about my education, living arrangements, self-directed supports, voting, and the people who are a part of my support team.
- I have the responsibility to make sure I treat everyone as I want to be treated.

What I am responsible for with that right:

- I have the responsibility to respect other people's rights and personal space.

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