


North Adams May 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
<p>Kentucky is our state of the month!</p> 					1	2 Social Security and Disability Training (Zoom) 9:30AM-12:30PM
3	4 Book Club (Zoom) 4:30PM-6:30PM	5 Parent Advisory Group (Zoom) 4:00PM-5:00PM	6 Caregiver Coffee Hour 1:00PM-2:00PM <hr/> Drop-In 6:00PM-8:00PM Cost: \$25+	7 Open Swim (Pittsfield) 6:00PM-7:00PM	8	9 Derby Hat Day 11:00AM-2:00PM
10	11 Book Club (Zoom) 4:30PM-6:30PM	12 Self-Advocates 5:15PM-6:15PM Cost: \$2	13 Movie Night: Secretariat 6:00PM-8:00PM Cost: \$10	14 Open Swim (Pittsfield) 6:00PM-7:00PM	15	16
17	18 Book Club (Zoom) 4:30PM-6:30PM	19 Social Club: Paper Horses 6:00PM-8:00PM Cost: \$10	20 Bluegrass and Board Games 6:00PM-8:00PM Cost: \$5	21 Supported Decision Making (Zoom) 6:00PM-7:30PM <hr/> Open Swim (Pittsfield) 6:00PM-7:00PM	22 AFC Statehouse Discussion 2:00PM-3:00PM	23
24	25 Memorial Day UCP Offices Closed	26 Social Club: Trip to Pedrin's 6:00PM-8:00PM Cost: \$20+	27 Theatre Games 6:00PM-8:00PM Cost: \$10	28 Open Swim (Pittsfield) 6:00PM-7:00PM	29	30
31						




Pittsfield May 2026

Family Support Center Central County Offerings

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Funding support for the UCP programs and services are provided under the Department of Developmental Services Family Support Center, Northern Berkshire and Berkshire United Way, Williamstown Community Chest, MassMatch, Massachusetts Rehabilitation Commission, Berkshire Life Charitable Foundation, Berkshire Bank Foundation, Rotary Club of Pittsfield, Massachusetts Commission for the Blind, City of Pittsfield and the Commonwealth of Massachusetts DHCD with funds made available by the City of North Adams.

Events for May 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 Kentucky!



Mondays:

- Book Club (Location: Online via Zoom)
 - ❖ Join the Book Club **every Monday from 4:30-6:30** to discuss what we liked about the story, talking about our favorite characters, and share our love of reading! We are currently reading *The Lunar Chronicles*, a series of fairy tale retellings set in a science fiction futuristic world.



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 our 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, May 6th from 6:00PM-8:00PM. If you choose to order out, please bring at least \$25.**

- Movie Night: Secretariat

- ❖ The Triple Crown is one of the most famous horse racing circuits consisting of the Kentucky Derby, Preakness Stakes, and Belmont Stakes. Secretariat is one of the most famous winners of the Triple Crown, and this movie is about his life! **This event will take place on Wednesday, May 13th from 6:00PM-8:00PM. This event costs \$10 and we will order pizza for dinner.**



- Bluegrass & Board Games
 - ❖ Join your friends and peers for a board game night! Bring your favorite games from home or learn something new. We will be listening to Bluegrass music from Kentucky while we play! **This event will take place on Wednesday, May 20th and costs \$5. Dinner will be a classic, tomato soup and grilled cheese.**
- Theatre Games
 - ❖ Let's practice our acting skills by playing some theatre games! We will play games like Zip Zap Zop, One Word Story, and other improv exercises. **This event will take place on Wednesday, May 27th and costs \$10. Dinner will be a Kentucky staple, Hot Browns! These are toasted, open-faced sandwiches made with turkey, bacon, and Mornay sauce!**

Rejoin us for some old favorites!

- Parent Advisory Group (Location: Online via Zoom)
 - ❖ Your input is vital! Help choose family trainings, events, and other programming. This is a chance to share your thoughts about what the future holds for your family member and learn about the support options we have to offer! **This event will take place on Tuesday, May 5th from 4:00PM-5:00PM.**
- Caregiver Coffee Hour (Location: Online via Zoom)
 - ❖ You bring the coffee; we bring the conversation! Join Nicole Middleton, RN on **May 6th from 1:00PM-2:00PM** for an Open Future Learning training. Join Care Manager Meghan Robertson-Hayes on **May 22nd from 2:00PM-3:00PM** for a discussion about the upcoming trip to the statehouse.
- Self-Advocates (Location: Hybrid – North Adams Office and Zoom)
 - ❖ 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, May 12th from 5:15PM to 6:15PM and costs \$2.00.**



- Social Club: Paper Horse Crafts



- ❖ We will be making paper horses! Afterward, we can have our own Kentucky Derby right here in Massachusetts! **This event will take place on Tuesday, May 19th from 6:00PM-8:00PM and costs \$10. Dinner will be chicken broccoli alfredo.**

- Social Club: Trip to Pedrin's Dairy Bar (Location: North Adams)

- ❖ A summertime staple, we will be taking a trip to Pedrin's Dairy Bar for dinner and ice cream! **This event will take place on Tuesday, May 26th from 6:00PM-8:00PM. Please bring at least \$20 cash, since Pedrin's only accepts cash!**



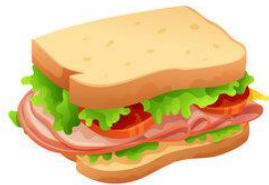


ATTENTION! WEEKEND OFFERINGS!



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

- Derby Hat Day
 - ❖ Sip, snack, and style! Join us for a picnic and Kentucky Derby hat decorating! Bring your appetite and your most fabulous hat vision! The picnic will include turkey club sandwiches, fresh sliced watermelon, and a beverage! **This event will take place on Saturday, May 9th from 11:00AM-2:00PM.**



Community Bulletin Board

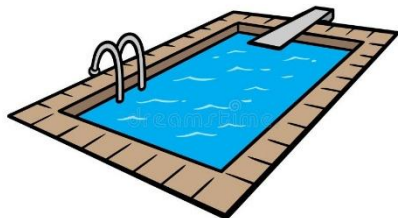


UCP does not provide transportation or staffing for community events

- ArtWeek Berkshires, May 15-25th
 - ❖ Travel all around the county from May 15-25th for ArtWeek! ArtWeek Berkshires is an annual celebration of local creativity. Enjoy 100+ hands-on or behind-the-scenes events and open studios across the region, from gallery shows to live performances, poetry readings to painting demos, and so much more. Find out more at berkshires.org/artweek-berkshires

Thursdays:

- 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 April from 6:00PM-7:00PM at the Gladys Allen Brigham Center.**





State of the month:

Kentucky (KY)



Capital: Frankfort

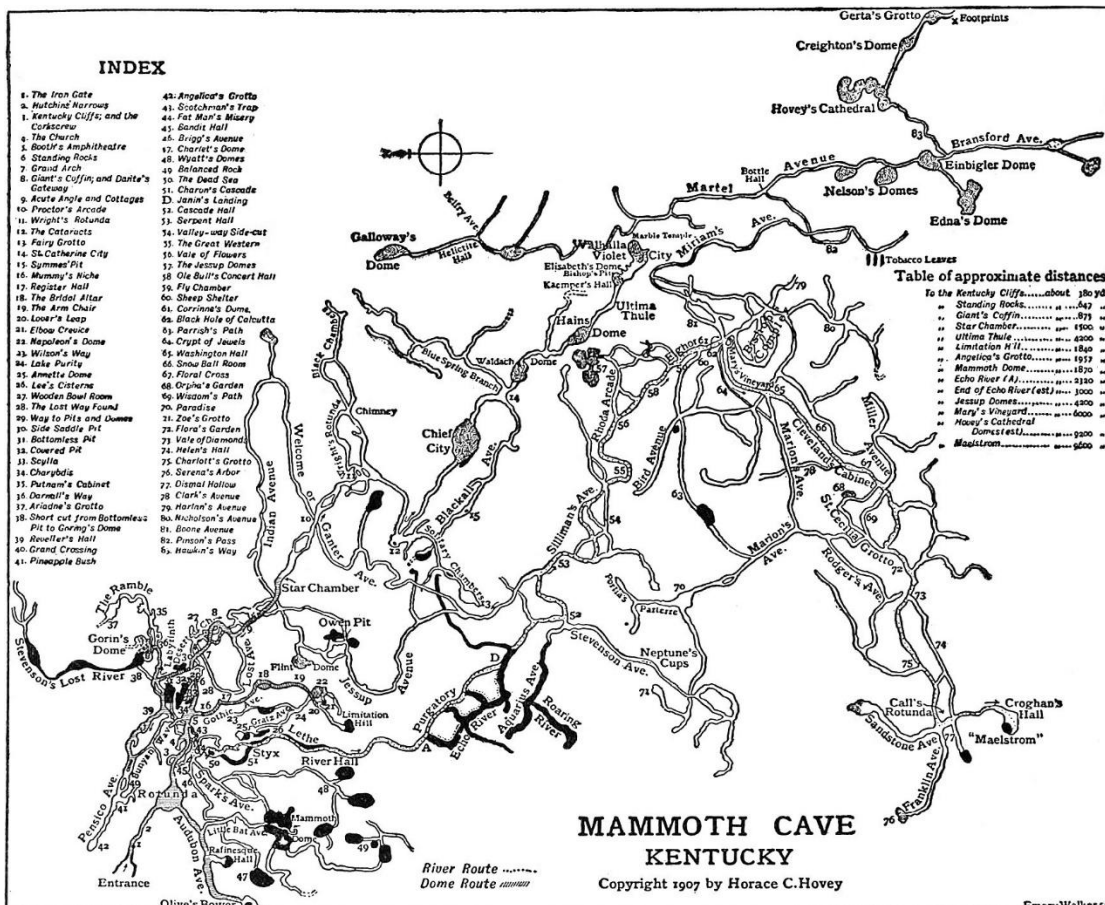
State flower: Goldenrod (shared with Nebraska)

State animal: Gray Squirrel



Kentucky became the 15th state on June 1, 1792. Kentucky is most famous for Bluegrass music, bourbon, and the Kentucky Derby. The Kentucky Derby will take place on Saturday, May 2nd.

Mammoth Cave National Park is located in Kentucky. Mammoth Cave is the longest known cave system in the world!



Adult Family Care is going to the statehouse!

When: June 3rd 2026

Arrive at the statehouse by 10 AM

Are you a member of UCP's AFC program?

Would you like to share your experiences with your state representatives?

Are you interested in joining us for an Advocacy day at the statehouse?

Reach out to Meghan Robertson-Hayes at

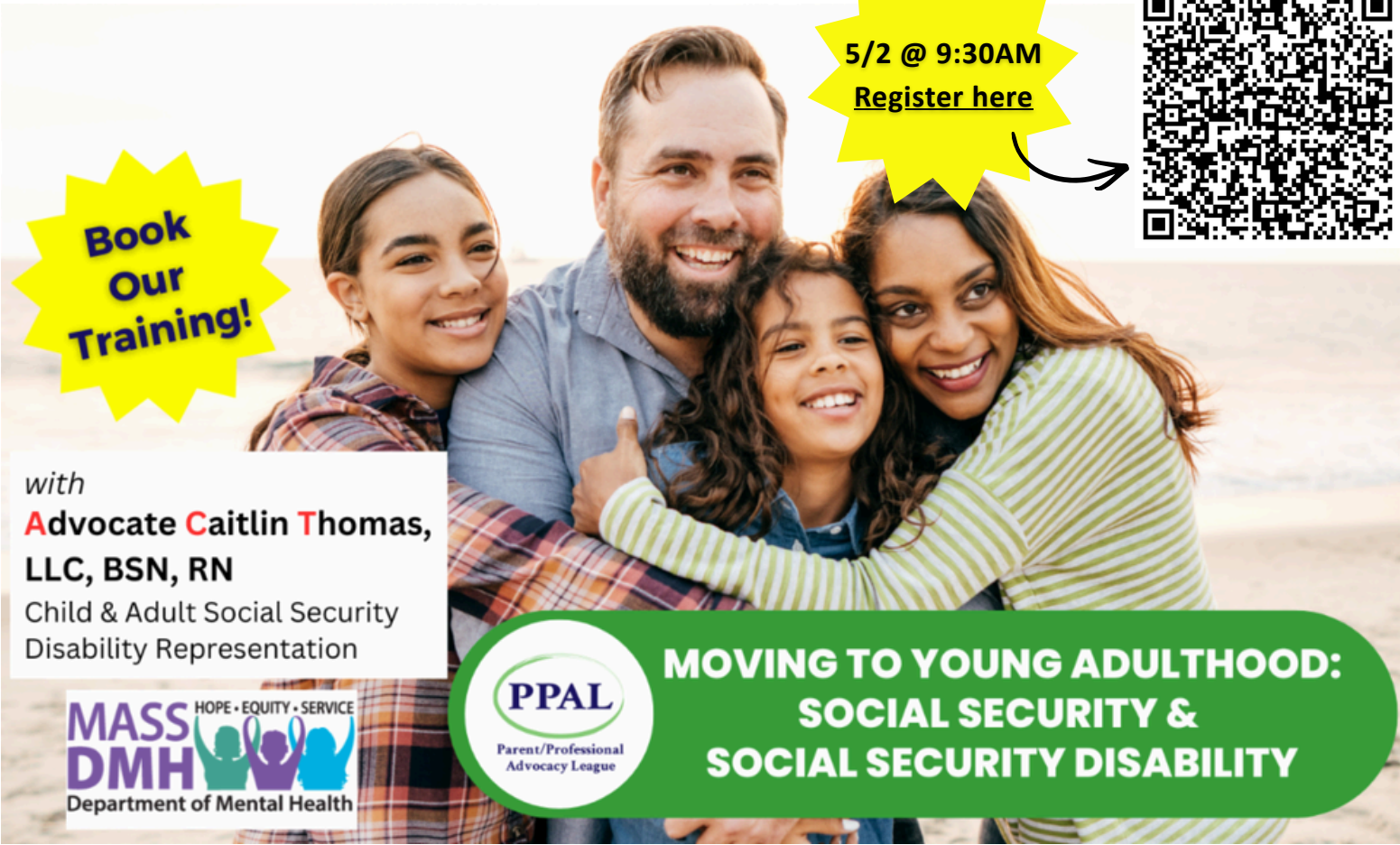


Mrobertson@ucpwma.org

Or (413) 664-9345 EXT 225



Join us on May 22nd 2026 at 2 PM for a discussion to plan our trip



**Book
Our
Training!**

**5/2 @ 9:30AM
Register here**



with
Advocate Caitlin Thomas,
LLC, BSN, RN
Child & Adult Social Security
Disability Representation



**MOVING TO YOUNG ADULTHOOD:
SOCIAL SECURITY &
SOCIAL SECURITY DISABILITY**



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

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.

SUPPORTED DECISION-MAKING WEBINAR

Helping Youth &
Young Adults with
Disabilities Grow with
the Right Support

 **MAY 21, 2025**
6:00 - 7:30 PM



Overview:

Getting guardianship is a serious step to take, and it is important to fully understand the alternatives.

There are other options – including **Supported Decision-Making (SDM)** – that may work better for people with disabilities and their families.

Come learn more about these options, so your family can find the right fit.

Register Here for the Zoom Link:



bit.ly/bcilsdm

Contact Us:

ewalters@bostoncil.org

617-251-0483

PPAL'S 15TH ANNUAL Children's Mental Health Virtual CONFERENCE

Keynote Speaker:

Ken Frohock, LMHC, LRC
Attachment Institute of New England

Friday May 15 2026
9:00 AM - 3:00 PM



Understanding and Supporting PANS/PANDAS

Sheilah Gauch, MEd, LICSW
Principal & Clinical Director,
Dearborn Academy and Board of
Directors, Look Foundation

AM



Healing in Hard Times: Navigating a Holistic Approach to Healing

Ayanna Freedom, LICSW, RYT 500
Founder & Co-Director, B FREE
Wellness Inc. and Founder & Owner,
Ayanna Freedom Inc.

AM



Overcoming Overdiscipline: Asserting Your School Discipline Rights

Julian Washington, Esq
Staff Attorney,
Mental Health Legal
Advisors Committee

AM



"What Does That Even Mean?": Understanding Therapy Models Without the Jargon

Suzy Langevin, LICSW, LADC I
Assistant Vice President, Open
Sky Community Services

AM



Supporting SIBLINGS of Youth with Mental & Behavioral Health Needs

Emily Rubin, LICSW, MSW, MA
Director of Sibling Support, E.K.
Shriver Center, Assistant Professor
in Psychiatry, UMass Chan Medical
School,

AM



Mamá, tú también necesitas sanar

Raquel Quezada
President, Cambiando El Mundo
De Necesidades Especiales
(Changing the World of People
with Disabilities Foundation)

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Literacy as Liberation: Gateways to Ensuring the Right to Read

Edith Bazile
Founder & Executive Director,
Black Advocates for
Educational Excellence



PM

Demonstrating Care for Transgender Young People

Lydia Proulx
Owner & Peer Support
Specialist, Space Cases ADHD
Coaching & Peer Support



PM

You Are Not Alone, and There Is Hope: The Story of the Just A Mom Podcast

Susie Gurley
Creator & Host,
Just A Mom Podcast



PM

Embodied Wellness: A Holistic Approach to Mental Health for Parents and Professionals

Mercy Tandoh, LMHC, LPC, LCPC
Founder & CEO, RAI Counseling
Services



PM

Understanding the Mental Health of Black Autistic Youth

Ed-Dee G. Williams, MSW, PhD
Assistant Professor, Boston
College School of Social Work
and Director, Black Mental
Wellness Research Lab



PM

Conoce tus derechos: Acceso a la educación especial

Sheyla Rosario, PsyD
Outpatient Mental Health
Clinician & In-home Therapy
Clinician, The Child & Family
Wellness Center



PM

Right of the Month: Privacy



What that means:

- I have the right to my own space and to not have others come into it if I choose.
- I have the right to privacy when changing, bathing, making phone calls, medical appointments, information, and my personal space.
- I have the right to be alone in my private space if I need or want to be.

What I am responsible for with that Right:

- I have the responsibility to respect others' privacy and their personal space.
- 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

PBS Strategy of the Month: Active Support

What that means:

- Doing WITH, not FOR
- Focus on engagement and participation
- No expectation of improvement required
- Everyone deserves meaningful involvement

What it looks like:

- Break tasks into small steps
- Use prompts that support participation
- Ensure activities are meaningful and age-appropriate



What Usually Happens	Active Support Opportunity
Member sits and drinks juice	Support pouring juice, offer activity after

Why it matters:

- Underactivity is associated with increases in challenging behavior, health problems, as well as depression.
- Meaningful activities improve quality of life
- Active Support builds independence and confidence

