

North Adams August 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.

Ask about our Agency with
Choice Program! Call Jennifer
Summers at (413) 664-9345
ext. 228

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Georgia is our state of the month! 						1 Truly Independent Wrestling 6:00PM-9:00PM Cost: \$15
2	3 Book Club (Zoom) 4:30PM-6:30PM	4 Social Club: DIY Ferris Wheel (Pittsfield) 6:00PM-8:00PM Cost: \$15	5 Drop-In 6:00PM-8:00PM Cost: \$25+	6 Parent Advisory Group (Zoom) 4:30PM-5:30PM	7	8 
9 	10 North Adams Public Library Presentation 11:00AM-12:00PM Book Club (Zoom) 4:30PM-6:30PM	11 Self-Advocates 5:15PM-6:15PM Cost: \$2	12 North Adams Downtown Celebration 6:00PM-8:00PM Cost: \$25+	13	14	15 
16	17	18	19 NO PROGRAMMING	20	21	22
23	24 Book Club (Zoom) 4:30PM-6:30PM	25 Social Club: The Live Dig™ 6:00PM-8:00PM Cost: \$5	26 Honeybee Lantern 6:00PM-8:00PM Cost: \$10	27	28	29 
30	31 Book Club (Zoom) 4:30PM-6:30PM					

Pittsfield August 2026

Family Support Center Central County Offerings

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Events for August 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 Georgia!



Mondays:

- Book Club (Location: Online via Zoom)
 - ❖ Join the Book Club on **Monday, August 3rd, 10th, 24th, and 31st from 4:30PM-6:30PM** to discuss what we liked about the story, our favorite characters, and our love of reading! We will continue reading *Harry Potter and the Sorcerer's Stone* this month.

Wednesdays:

- Drop-In!
 - ❖ COME ONE! COME ALL! Stop by the UCP Offices to say hello and learn about our state of the month! Did you know that Coca-Cola was invented in Atlanta, Georgia? This is also a great opportunity to meet new people, explore what the UCP Family Support Center has to offer! For dinner, feel free to order out, eat beforehand, or bring your dinner with you! **This event will take place on Wednesday, August 5th from 6:00PM-8:00PM. If you choose to order out, please bring at least \$25.**



- North Adams Downtown Celebration (Location: Downtown North Adams)
 - ❖ It's time for the annual North Adams Downtown Celebration! Main Street will be closed and the streets will be filled with delicious food, vendors, live music, and more! Come celebrate what makes North Adams special: our community! **This event will take place on Wednesday, August 12th from 6:00PM-8:00PM. Please bring at least \$25 for dinner and vendors.**

- Honeybee Lantern
 - ❖ Did you know that the state insect of Georgia is a honeybee? Our craft this evening will be making a honeybee lantern from a mason jar! If you have an extra jar at home, please bring one in! Dinner will be southern-style BBQ pulled pork and cornbread. **This event will take place on Wednesday, August 26th from 6:00PM-8:00PM and costs \$10.**



Rejoin us for some old favorites!

- Social Club: Ferris Wheel Build (Location: Pittsfield Office)
 - ❖ The SkyView in Atlanta is one of the most iconic Ferris wheels standing over 20 stories tall! Let's test our architect skills and try to recreate it! For dinner, we will be having a Georgian staple, Brunswick stew and peach cobbler. **This event will take place on Tuesday, August 4th from 6:00-8:00PM and costs \$15.**



- 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 Thursday, August 6th from 4:30PM-5:30PM.**
- Self-Advocates (Location: Hybrid – North Adams Office and Zoom)
 - ❖ Join your peers to catch up, chat, and brainstorm new ideas for events! What will the next fundraiser be? You decide! 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, August 11th from 5:15PM-6:15PM and costs \$2.**
- Social Club: The Live Dig™: (Location: Windsor Lake)
 - ❖ The Live Dig is a reflective, interactive experience where participants move through excavation tables filled with unusual objects, prompts, stories, and writing prompts. Some people journal. Some wander quietly. Some find themselves unexpectedly drawn to a single object, question, or memory that stays with them long after they leave. **This event will take place on Tuesday, August 25th from 6:00-8:00PM and costs \$5. We will provide a picnic dinner at the lake.**





ATTENTION! WEEKEND OFFERINGS!



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

- Truly Independent Wrestling (Location: St. Elizabeth of Hungary Parish in North Adams)
 - ❖ Did you know that foam fingers were invented in Georgia? Let's cheer on our local wrestlers at Truly Independent Wrestling's explosive Beat the Heat event. This exciting throw down won't be one to miss! **This event will take place on Saturday, August 1st from 6:00PM-9:00PM. Tickets cost \$15. Please plan to eat dinner beforehand.**



Community Bulletin Board



UCP does not provide transportation or staffing for community events.

Wednesdays:

- Windsor Lake Concert Series (Location: Windsor Lake in North Adams)
 - ❖ Every **Wednesday at 6:30PM** from June 3rd to August 26th this summer, stop by Windsor Lake (you might know it as Fish Pond!) for a free weekly concert. Parking is free and the bathrooms will be open at the time of these concerts. This series is hosted by the city of North Adams. All cancellations will be announced by 3:00PM on the day of the concert. Bring a lawn chair or picnic blanket to sit on!
- Live on the Lake (Location: Onota Lake in Pittsfield)
 - ❖ Live on the Lake is back! Head on down to the waterfront **Wednesday August 5th, 12th, and 19th at 6:00PM** for more free, public concerts. Food is available to purchase and free shuttles running from the Taconic High School parking lot start at 5:30. Bring a lawn chair or picnic blanket to sit on!





State of the month:

Georgia (GA)



Capital: Atlanta

State bird: Brown thrasher



State insect: Honeybee

State flower: Sweetbay Magnolia



Fun facts:

Georgia became the 4th state to ratify the US Constitution on January 2, 1788.

In March of this year, Georgian lawmakers changed the state flower from the Cherokee Rose to the Sweetbay Magnolia. This was because the Sweetbay Magnolia is native to the region, whereas the Cherokee Rose is an invasive species.

Hulk Hogan, the professional wrestler, was born in Georgia.

There is also a country called Georgia at the border of Eastern Europe and Western Asia.

August PBS Strategy of the Month: Communication

What that means:

- Recognizing that all behavior communicates a need, preference, feeling, or message
- Using respectful, person-centered language
- Supporting each person's preferred communication method
- Promoting understanding across cultures and communication styles

What it looks like:

- Listening to behavior as a form of communication
- Using respectful language that preserves dignity
- Supporting verbal, nonverbal, and technology-assisted communication
- Using multimodal communication approaches
- Collecting communication data when appropriate



Why it matters:

- Effective communication increases participation and quality of life
- Respectful language promotes dignity and positive relationships
- Preferred communication methods reduce frustration
- Communication data helps teams improve support

PBS Tip: Behavior is communication. Listen first, respect preferred communication methods, and focus on understanding the message

August Right of the Month: Property

What that means:

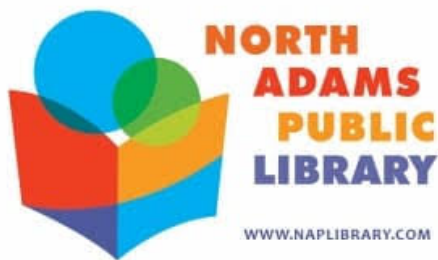
- I have the right to use my money purchase and own things that make me happy
- I have the right to keep, use, or dispose of my property as I wish

What I am responsible for with that right:

- I have the responsibility to understand that my expenses of living are the first things that need to be paid before I buy other things
- I have the responsibility to ask someone if I am allowed to use their property
- I have the responsibility to respect others' belongings



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



Did you know that public libraries have more than just books?

Join us on Monday, August 10th at 11:00AM in either the
North Adams or the Pittsfield office for a
presentation on all the services our local libraries offer!

This is a chance to meet your local librarians and ask questions!



WINNER'S CHOICE

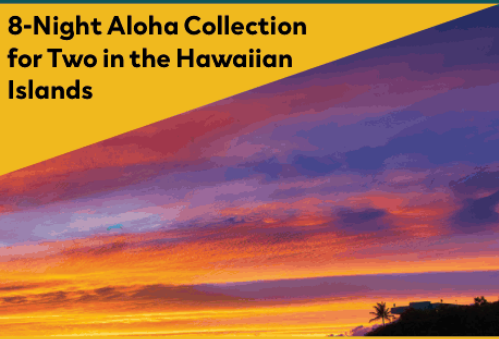
Luxury Escape Raffle

Pick Your Paradise: Broadway, Hawaii or the Canadian Rockies

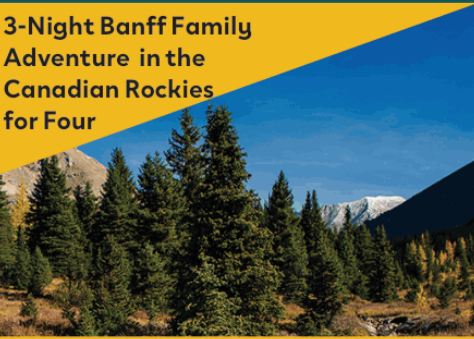
2-Night Broadway Exclusive Getaway with Orchestra Tickets for Two



8-Night Aloha Collection for Two in the Hawaiian Islands



3-Night Banff Family Adventure in the Canadian Rockies for Four



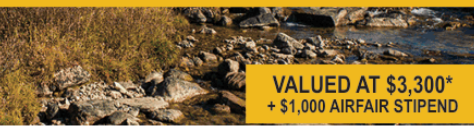
THREE WINNERS WILL BE PICKED
1 and 167 CHANCE OF WINNING!



VALUED AT \$4,140*



**VALUED AT \$4,999*
+ \$500 AIRFAIR STIPEND**



**VALUED AT \$3,300*
+ \$1,000 AIRFAIR STIPEND**

Winner will be drawn at 9AM on September 22, 2026 at the Country Club of Pittsfield, 639 South Street, Pittsfield MA. No need to be present. Winner must claim prize with Winspire within 30 days. Prize is not transferable or redeemable for cash. Raffle is limited to 500 tickets; if less than 300 are sold, the raffle will turn into 50/50 raffle with the net proceeds. Experiences are provided by Winspire in Laguna Hills, CA. UCP of Western Massachusetts is a registered 501(c)(3). UCP employees who receive a W-2 or a person who receives a 1099 from UCP, as well as their immediate family members, are not eligible for the raffle.*Approximate value of the experiences. Limitations/restrictions apply.

ADAMS STREET FAIR



Adams
COMMUNITY
BANK



JULY 8 - HAPPY TOGETHER BAND
SUMMER CONCERT SERIES

JULY 15 - JIM WITHERELL
SUMMER CONCERT SERIES

JULY 18 - IF
MOVIES UNDER THE STARS

JULY 22 - AUSTIN HONIG
SUMMER CONCERT SERIES

AUGUST 12 - RUSTED CHAINS
SUMMER CONCERT SERIES

AUGUST 15 - HAROLD and the PURPLE CRAYON
MOVIES UNDER THE STARS

AUGUST 19 - GREG CAPRONI
SUMMER CONCERT SERIES

AUGUST 26 - BRAVE BROS
SUMMER CONCERT SERIES

SEPTEMBER 2 - To Be Announced
SUMMER CONCERT SERIES



SUMMER CONCERTS ARE FROM 6:30 - 8:30 PM
MOVIES OPEN FOR SEATING AT 7:30 PM, SHOW STARTS AT DUSK
ADAMS VISITOR CENTER - 3 HOOSAC STREET
BRING YOUR LAWN CHAIRS AND BLANKETS!



AdamsStreetFairCommittee



Berkshire Heart and Mind Therapy

"No matter who you are, or what you are carrying, you belong here."

34 Depot Street, Suite 303,

Pittsfield MA 01201

Office: 413-252-4357

Fax: 413-251-0551



<https://www.berkshireheartmind.com>

Saturday Group Therapy Sessions Coming Soon



A group for Dialectical behavior therapy:

Adulting 101: The DBT skills they forgot to teach us

A group for Cognitive behavioral therapy:

Thoughts, Feelings, & Other Plot Twists; CBT Therapy Group

A group for LGBTQ+ Mental Health:

Pride and Peace of Mind In your True Colors

A group for Overcoming Trauma and PTSD:

Phoenix Rising: Healing After Trauma

A group for ADHD and/or Autism:

Neuro-Spice Rack: Navigating ADHD & Autism

A group for navigating the stresses of owning a small business:

Business Beyond Burnout: Mental Wellness for small business owners

A Play Therapy Group:

Dice, Dragons, & Discovery in the Quest for Balance



Insurances accepted or \$30 Out of pocket per session. Times to be announced.

Limited spaces available.

Scan QR code for the link to sign up

<https://form.jotform.com/261674080865161>

“Meet the Artists & Art Making” at the Clark Community Access to the Arts’ Annual Art Show



Join Community Access to the Arts on **Tuesday, August 18, from 1-3pm** at the Clark Art Institute to meet the artists behind CATA's Annual Art Show "I Am a Part of Art" — one of the largest annual exhibits by artists with disabilities in the country!

Stop by the Clark's Lunder Center at Stone Hill any time between 1-3pm to meet the artists and create art inspired by the stunning exhibit! This fun and free event will have art supplies available for visitors to experiment with the same media used by the artists. Free refreshments will be provided. Artwork is available for sale and CATA artists earn a commission on each work sold. To learn more & register, visit cataarts.org/iapoa2026 or call (413) 528-5485.

CATA's Annual Summer Art Show exhibit features nearly 300 works by local artists with disabilities, including paintings, sculpture, printmaking, collage, illustration, and stop-motion animation. Through their vibrant works, created in CATA's year-round arts programs, CATA artists express their unique perspectives and draw us into their world, revealing the power of art to nurture inclusion and connection.



CATA artists Karen and Katherine at last year's “Meet the Artists” event at the Clark.