

North Adams September 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
Colorado is our state of the month! 		1	2 Drop-In 6:00PM-8:00PM Cost: \$25+	3 Social Club: Line Dancing at Mass MoCA 6:00PM-8:00PM Cost: Free	4	5
6	7 UCP Offices will be CLOSED in observance of Labor Day	8	9 Labor Day Cookout 6:00PM-8:00PM Cost: \$10	10 Parent Advisory Group (Zoom) 4:30PM-5:30PM	11	12 
13 	14 Book Club (Zoom) 4:30PM-6:30PM	15 Self-Advocates 5:15PM-6:15PM Cost: \$2	16 DSP Recognition Week (North Adams City Hall) 7:00PM-8:00PM	17	18	19
20	21 Book Club (Zoom) 4:30PM-6:30PM	22 UCP Annual Meeting (Country Club of Pittsfield) 7:30AM-9:00AM Cost: \$30	23 Hot Air Balloon Craft 6:00PM-8:00PM Cost: \$5	24 Sexual Health Training (Pittsfield) 10:30AM-12:30PM	25	26 Jungle Experience Zoo Trip 9:00AM-3:00PM Cost: \$40+
27 	28 Book Club (Zoom) 4:30PM-6:30PM	29 Social Club: Gold Rush 6:00PM-8:00PM Cost: \$10	30 MCLA Volleyball Game 6:00PM-8:00PM Cost: Free			

Pittsfield September 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.



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Events for September 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 Colorado!



Mondays:

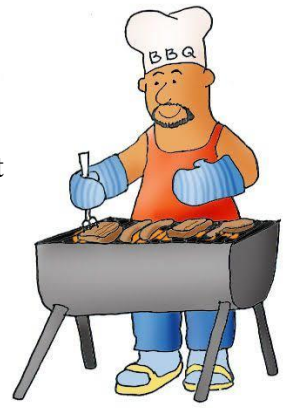
- Book Club (Location: Online via Zoom)
 - ❖ Join the Book Club on **Mondays from 4:30PM-6:30PM** to discuss what we liked about the story, our favorite characters, and our love of reading! We will continue reading *Harry Potter and the Sorcerer's Stone* this month.

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 Mount Elbert in the Rocky Mountains is the highest point in the United States? 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, September 2nd from 6:00PM-8:00PM. If you choose to order out, please bring at least \$25.**



- Labor Day Cookout (Location: North Adams office)
 - ❖ Did you know that Colorado was the second state to adopt Labor Day? Let's celebrate the holiday with a cookout! We will be grilling hamburgers and hot dogs, with classic cookout sides, and playing lawn games! **This event will take place on Wednesday, September 9th from 6:00PM-8:00PM and costs \$10.**
- City Hall Lighting for DSP Recognition Week (Locations: North Adams and Pittsfield City Halls)
 - ❖ This week is a time to recognize the direct support professionals that help make our lives so amazing! Both the North Adams and Pittsfield City Halls are having a lighting ceremony in honor of the direct support professionals in our community. Let's make some signs for the event to show our appreciation! **This event will take place on Wednesday, September 16th from 7:00PM-8:00PM.**
- Hot Air Balloon Festival
 - ❖ Colorado is home to 12 hot air balloon festivals throughout the year! The next one is the Snowmass Balloon Festival starting on Friday. We will be making and painting our own colorful hot air balloons to host our own UCP Hot Air Balloon Festival! A baked potato & salad bar with all the fixings will be offered for dinner. **This event will take place on Wednesday, September 23rd from 6:00PM-8:00PM and costs \$5.**



- MCLA Volleyball Game (Location: Amsler Campus Center at MCLA)
 - ❖ College sports are back in season! During this game, we will watch the MCLA volleyball team compete against Worcester State. **This event will take place on Wednesday, September 30th from 6:00PM-8:00PM and is free to attend. Please plan to eat dinner beforehand.**



VS



Rejoin us for some old favorites!

- Social Club: Line Dancing (Location: Mass MoCA)
 - ❖ Are you ready for some live music and line dancing? Mass MoCA will be hosting a beginner line dancing lesson by Berkshire County Line Dancers and live music accompaniment by House Sparrow and Ciarra Fragale at the summer Chalet. **This event will take place on Thursday, September 3rd from 6:00PM-8:00PM and is free to attend. Please plan to eat dinner beforehand. **Spots are limited so please sign up ASAP if you would like to attend!****

MASS MoCA

- 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, September 10th 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, September 15th from 5:15PM-6:15PM and costs \$2.**

- Social Club: Gold Rush

- ❖ Have you ever wondered what it's like to mine for gold? Gold in Colorado has been collected since the early 1800s. Come join the gold rush and learn about the history of gold mining! For dinner, we will be serving customizable Mountain Pies, which are similar to grilled cheese and eaten up in the Rocky Mountains. **This event will take place on Tuesday, September 29th from 6:00-8:00PM and costs \$10.**



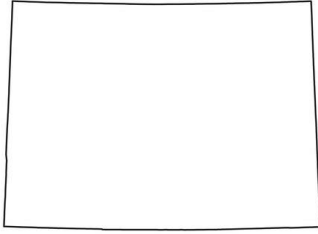
ATTENTION! WEEKEND OFFERINGS!



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

- Jungle Experience Zoo Trip
 - ❖ Join us for a fun-filled day at a small family-owned zoo! You will get an up-close and personal experience with exotic animals like kangaroos, zebras, and prairie dogs! The zoo includes a gift shop, a petting zoo, and a picnic area. **This event will take place on Saturday, September 26th from 9:00AM-3:00PM. Please bring \$40+ for your tickets and food for lunch.**





State of the month:

Colorado (CO)



Capital: Denver

State bird: Lark Bunting

State animal: Rocky Mountain Bighorn Sheep

State flower: White and Lavender Columbine



Fun facts:



Colorado is nicknamed the Centennial State because it became a state in 1876, 100 years after the country was founded!

While Mount Elbert in the Rocky Mountains is the highest point in the United States, Colorado also has the highest average elevation of any state.

The oldest wooden carousel in the United States is located in Burlington, Colorado. Have you visited the Berkshire Carousel?





of Western Massachusetts

A FUTURE

without limits

ANNUAL MEETING

A FUTURE
without limits
ANNUAL MEETING

Tuesday, September 22, 2026
7:30AM to 9AM

COUNTRY CLUB OF PITTSFIELD
639 PITTSFIELD ROAD • PITTSFIELD, MA

\$30.00 per person • \$240.00 per table of eight

BREAKFAST INCLUDES:

Assorted Chilled Juices
Fresh Cut Mixed Fruit
Assorted Croissants, Danish & Muffins
Herb Scrambled Eggs
Cinnamon French Toast
Home Fries
Bacon
Sausage
with Coffee, Decaf Coffee & Teas

RSVP by Tuesday, September 15, 2026 to Elizabeth Filkins
at efilkins@ucpwma.org or 413-442-1562 x.103

Tickets and tables can also be purchased at ucpwma.org or using our QR code:



September PBS Strategy of the Month: Redirection



What That Means:

Redirection means gently guiding an individual's attention, behavior, or focus away from frustration, distress, or an unsafe situation and toward a more appropriate or positive choice. It should be respectful, supportive and individualized - not about forcing someone to stop but helping them move toward a more successful alternative.

What It Looks Like:

• Offering an alternative activity or choice	• Modeling the appropriate behavior or response
• Offering a break or change of location	• Using visual cues, gestures, or individualized communication supports
• Using a calm voice and simple, clear language	• Acknowledging and encouraging the individual when they successfully use an alternative strategy

Example:

If an individual is repeatedly focused on leaving the program, staff might acknowledge their request and redirect them to a preferred activity by saying, *"I hear that you want to leave. Let's check the schedule together, and then you can choose between coloring or going for a walk."*

Why It Matters:

Redirection helps individuals feel supported rather than corrected. It can reduce frustration, prevent escalation, encourage positive choices, and build more effective ways to communicate and manage difficult situations. **Redirection is support - not punishment.** The goal is to understand what the individual may be communicating through their behavior and help them achieve a more successful outcome.

September Right of the Month: Due Process

What that means:

- I have the right to be presumed competent unless I am determined incompetent by a court of law
- I have the right to file a grievance and be free from unwanted physical and chemical restraints
- I have the right to use the court system for legal issues

What I am responsible for with that right:

- I have the responsibility to follow the law in my actions, words, and decisions regarding my life

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



nbCC Bike Collective

OPEN HOURS

3:30-5:30PM

NA Armory 206 Ashland St.

1st Tuesdays

(By appt. 2nd & 3rd Tuesdays)

All are welcome.

Community volunteer bike mechanics can help you fix, earn or build a bike!

MORE INFO: 413-663-7588 or INFO@NBCCOALITION.ORG



Lunch @ The Library

WE WILL BE HANDING OUT FREE MEALS



The Salvation Army will be handing out free meals from their Mobile Kitchen Truck at the Berkshire Athenaeum! Find them from noon to one on the following Fridays:

- September 4
- September 18
- October 2
- October 16
- October 30



Pittsfield:

Tues., September 15, 5:30pm

Lenox:

Thurs., September 24, 5:30pm

North Adams:

Thurs., October 1, 5:30pm



**Rise up with Elizabeth
Freeman Center against
domestic, dating, and
sexual violence**

How it works:

JOIN

by scanning the QR code or visiting the link below. You can register as an individual, join an existing team, or start a team of your own and recruit your friends!

SHARE

your fundraising page far and wide. Donations made on your page will count toward your total raised and earn you entries for great raffle prizes at our community walks.

WALK

with us at any or all of our six community walks, scheduled this September around Berkshire County. Be sure to bring friends - more bodies make a bigger statement!

ElizabethFreemanCenter.org/RiseTogether