

North Adams October 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
Utah is our state of the month! 				1	2	3
4 Fall Foliage Parade 1:00PM-3:00PM	5 Book Club (Zoom) 4:30PM-6:30PM	6 CATA Drumming 4:00PM-5:00PM Social Club: Pumpkin Carving 6:00PM-8:00PM Cost: \$10	7 Drop-In: Caregiver Appreciation with AFC 6:00PM-8:00PM Cost: Free	8	9 Caregiver Coffee Hour 3:00PM-4:00PM	10 
11 	12 UCP Offices will be CLOSED in observance of Indigenous Peoples' Day	13 Self-Advocates 5:15PM-6:15PM Cost: \$2	14 Fire Safety Training 4:00PM-5:00PM Fall Garland Craft 6:00PM-8:00PM Cost: \$5	15	16	17
18	19 Book Club (Zoom) 4:30PM-6:30PM	20 CATA Drumming 4:00PM-5:00PM Parent Advisory Group 4:00PM-5:00PM	21 Scary Movie Night 6:00PM-8:00PM Cost: \$5	22	23	24 
25 	26 Book Club (Zoom) 4:30PM-6:30PM	27 CATA Drumming 4:00PM-5:00PM	28 Caregiver Coffee Hour 11:30AM-12:30PM Halloween Costume Party (Pittsfield) 6:00PM-8:00PM Cost: \$10	29 Social Club: Sundance Film Festival 6:00PM-8:00PM Cost: \$5	30	31

Pittsfield October 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
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Events for October 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 Utah!



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.



Tuesdays:

- CATA Drumming (Location: North Adams Office)
 - ❖ Experience the joy and energy of making music in this fun, lively rhythm and percussion workshop for all abilities! In this sensory-friendly, welcoming workshop, we'll use percussion and adaptive instruments, as well as our own voices, to explore rhythm and musical expression while connecting with each other. **This event will take place Tuesday, October 6th, 20th, and 27th from 4:00PM-5:00PM.**



Wednesdays:



- Drop-In: Caregiver Appreciation Month sponsored by AFC
 - ❖ COME ONE! COME ALL! Stop by the UCP Offices to celebrate Caregiver Appreciation Month! This is also a great opportunity to meet new people and say hello to our AFC staff! **This event will take place on Wednesday, October 7th from 6:00PM-8:00PM. Pizza will be provided by the AFC team, but if you choose to order out, please bring at least \$25.**
- Fall Garland Craft
 - ❖ As the leaves change colors and the weather gets colder, what better way to celebrate than to decorate! We will be using felt to make our very own garlands to hang across a doorway, a window, or anywhere else you want. We will serve chili dogs and mac & cheese for dinner. **This event will take place on Wednesday, October 14th from 6:00PM-8:00PM and costs \$5.**
- Scary Movie Night
 - ❖ 'Tis the season for scary movies! We will be watching The Nightmare Before Christmas this evening and we will have a breakfast buffet for dinner with eggs, sausages, and toast! **This event will take place on Wednesday, October 21st from 6:00PM-8:00PM and costs \$5.**
- Halloween Party (Location: Pittsfield Office)
 - ❖ What do costumes, candy, spooky decorations, and trick-or-treating make you think of? That's right, it's time for our annual Halloween Party! Dress up in your best Halloween costume and get ready to get scared! We will be serving maggot salad (pasta salad) and intestines (spaghetti and meatballs) for dinner. **This event will take place on Wednesday, October 28th from 6:00PM-8:00PM and costs \$10. Don't forget to wear a costume!**



Thursdays:

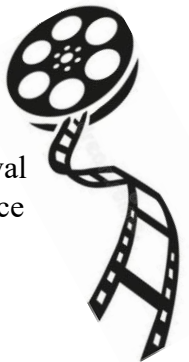
- CATA Visual Art (Location: Pittsfield Office)
 - ❖ CATA is back! Let your creativity fly in this fun art-making workshop for all abilities! You'll create exciting art projects and experiment with painting, drawing, pastels and more. With support from CATA faculty, we'll explore a variety of art materials using various creative techniques and sensory-friendly approaches. Artists of all abilities and levels of experience are welcome to express your creativity and individual perspectives through art! **This event will take place on Thursday, October 1st, 8th, 15th, and 22nd from 4:00PM-5:30PM.**



Rejoin us for some old favorites!



- Social Club: Pumpkin Carving (Location: North Adams Office)
 - ❖ Let's carve some pumpkins! Your Jack-o-Lantern will be spooky and fresh for Halloween night, and you can even roast the seeds at home! We will serve pumpkin soup for dinner. **This event will take place on Tuesday, October 6th from 6:00PM-8:00PM and costs \$10.**
- Caregiver Coffee Hour (Location: Online via Zoom)
 - ❖ You bring the coffee, we bring the conversation! Join Care Manager Meghan Robertson-Hayes to talk about concerns, current events, and any other topic you may wish! All ideas are welcome! **These events will take place on Friday, October 9th from 3:00PM-4:00PM and Wednesday, October 28th from 11:30AM-12:30PM.**
- 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, October 13th from 5:15PM-6:15PM and costs \$2.**
- 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, October 20th from 4:00PM-5:00PM.**
- Social Club: Sundance Film Festival (Location: North Adams Office)
 - ❖ Did you know that the Sundance Film Festival is the largest independent film festival in the United States? It was founded in Utah and has been held there every year since 1978. we will be watching a short film and critiquing it, just like they do at the festival! A taco bar will be offered for dinner. **This event will take place on Thursday, October 29th from 6:00PM-8:00PM and costs \$5.**



Our Human Rights Committee is looking for UCP family members to provide your insight!

Email Emily Shoestock at eshoestock@ucpwma.org for more information!



ATTENTION! WEEKEND OFFERING!



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

- 70th Annual Fall Foliage Parade:
 - ❖ In honor of the parade's 70th Anniversary, take a journey through the decades and celebrate the people, places, and moments that have shaped our communities. Bring history to life with creative floats, imaginative costumes, and memorable displays inspired by North Berkshire's rich past, vibrant present, and exciting future. UCP will be marching in the parade, so wear a costume from your favorite decade! **The parade will kick off on Sunday, October 4th at 1:00PM! We will meet at the North Adams Office at 10:00AM.**



70 YEARS IN MOTION

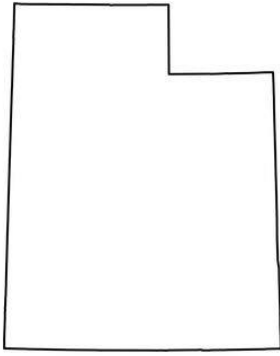
70th Annual Fall Foliage Parade

TIME-TRAVELING THROUGH NORTHERN BERKSHIRE

SPONSORED BY  **MountainOne**
BANK | INSURANCE | INVESTMENTS

SUNDAY, OCTOBER 4TH AT 1^{PM} | NORTH ADAMS

PRESENTED BY  **iBERKSHIRE** **LEARN MORE AT** IBERKSHIRE.COM



State of the month:

Utah (UT)



Capital: Salt Lake City

State bird: California Gull

State animal: Rocky Mountain Elk



State flower: Sego Lily

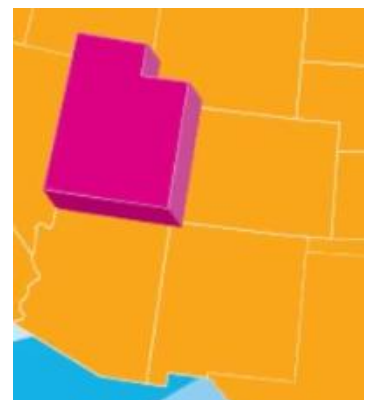


Fun facts:

Utah's southeastern corner touches Arizona, New Mexico, and Colorado. The area is called "Four Corners," and it's the only place in the country where four states come together!

The Great Salt Lake is 3.5 to 8 times saltier than the ocean!

Bryce Canyon National Park in Utah is known for its unique rock formations.



October PBS Strategy of the Month: Coping Skills: Teach, Practice, & Use

What that means: Helping individuals learn safe and effective ways to cope with difficult feelings and situations.

What does it look like?

Encouraging the individual to take a break	Offering preferred activities, such as listening to music or walking	Encouraging appropriate communication of feelings, needs, or concerns
Prompting the use of deep breathing or other calming techniques	Offering access to a quiet or calming space	Offering choices to help reduce frustration



PBS Example:

Situation: An individual becomes frustrated when an activity doesn't go as planned.

Coping skill: Staff prompt the individual to identify that they are frustrated and offer choices: *"Would you like to take a break or talk about what happened?"*

Expected outcome: The individual chooses a coping strategy, calms, and is able to return to the activity when ready.

The goal isn't just to tell someone to "calm down." PBS focuses on teaching the person specific skills they can use independently over time.

October Right of the Month: Safety

What that means:

- I have the right to feel safe in my home, school, job sites, and the community
- I have the right to be free from abuse, mistreatment, and neglect

What I am responsible for with that right:

- I have the responsibility to not be abusive toward family, friends, staff, and caregivers



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



It's Caregiver Appreciation Month!

Stop by the UCP Offices to celebrate during drop-in on October 7th from 6:00PM-8:00PM! This is also a great opportunity to meet new people and say hello to our AFC staff! Pizza will be provided by the AFC team.



Fire safety is very important! Did you know October is Fire Prevention Month? Join us at the North Adams office on Wednesday, October 14th at 4:00PM for a presentation on fire safety by the North Adams Fire Department.



Community Bulletin Board



**UCP does not provide transportation
or staffing for community events.**



CATA Yoga
(Location: Pittsfield UCP
Office)

Join CATA staff for an
accessible, relaxing yoga class!
You will be guided through a
journey of stretches,
mindfulness, and breathing
techniques. **This event will
take place on Monday,
October 5th, 19th, and 26th
from 1:00PM-2:00PM.**



NBCC's Downtown Trick or-
Treat (Location: Downtown
North Adams)

Local businesses in North
Adams will be giving out candy
or will have a fun activity at the
7th annual Downtown Trick-or-
Treat! **This family-friendly
event will take place on Friday,
October 23rd from 4:30-
6:00PM.**



Pittsfield Halloween Parade
(Location: Tyler Street in
Pittsfield)

The City of Pittsfield will hold its
80th annual Halloween Parade!
Dress up in your spookiest
costume and enjoy the
festivities! **This event will take
place on Friday, October 30th at
7:00PM.**



RambleFest
(Location: Adams Visitor Center)

Held outdoors at the Adams Visitor Center at 3 Hoosac
Street, admission is free to a festival full of music, food
and fun in celebration of autumn in the Berkshires. There
will be live music, local craft beer and wine, great food,
outdoor recreation, and craft vendors. Activities include
a toasty campfire with marshmallows, pumpkin
decorating, and other activities. **The festival runs from
12PM-5PM on Sunday, October 11th, rain or shine!**

Autism Connections

Queer Autistic Adults Coffee Meetup



[Amherst Coffee](#)

28 Amity Street, Amherst
Wednesday, September 16
11 AM - 12:30 PM



[Shelburn Falls Coffee Roasters](#)

1207 Mohawk Trail, Shelburn Falls
Wednesday, September 30
11 AM - 12:30 PM



[WANDER](#)

34 Depot St., Pittsfield
Wednesday, October 14
11 AM - 12:30 PM



[Cushman Market and Café](#)

491 Pine Street, Amherst
Wednesday, October 28
11 AM - 12:30 PM

Come grab a coffee and hang out with us! Autism Connections is hosting four coffee hangouts across Western Massachusetts, exclusively for queer autistic adults. Come chat, make new friends, or just enjoy a relaxed cup of coffee together in a welcoming, inclusive space.

Email Vivian at vwood@servicenet.org for more info!

REGISTER

The maximum attendance for each event is 15.



Hampshire County

11 Village Hill Road
Northampton, MA 01060
413-585-8010

Franklin County

101 Munson Street
Greenfield Corporate Ctr.
Greenfield, MA 01301
413-585-8010

Berkshire County

75 South Church Street,
Suite 402
Pittsfield, MA 01201
413-443-4780

Hampden County

220 Brookdale Drive
Springfield, MA 01104
413-585-8010