



Youth & Recreation at Easterseals MA



We are excited to kick off 2019 with Easterseals Youth & Recreation programs for all ages! Check out our upcoming activities such as:

Youth Leadership Network
Accessible Martial Arts
Thrive Empowering Women with Disabilities Group

Keep reading for more information!

Youth Leadership Network

Through the support of Mass Rehab Commission, the **YLN promotes self-advocacy and self-awareness for teens and young adults with disabilities** ages 16 to 21 with opportunities for youth 14 to 26. This is a state-wide initiative with meetings and events held in Boston, Springfield, Worcester, and East Bridgewater. This is an opportunity for youth to make friends in their local communities and within the larger Network group.

All groups and events feature fun, hands-on activities and interactive discussions about communication, teamwork, community service, disability rights, career interests and employment skills.

Pizza and refreshments will be served. New and returning members are always welcome to bring a friend. Parents/guardians are also encouraged to stay and hear from dynamic speakers throughout the year.

We hope to see you there!

Where & When?



**Boston
January 5th**

12:00p – 2:00p
Easter Seals MA
89 South Street
Boston, MA 02111

***Worcester
January 12th**

12:00p – 2:00p
Easter Seals MA
484 Mains Street, 6th Fl
Worcester, MA 01608

**East Bridgewater
January 11th**

3:30p – 5:30p
Independence Associates
100 Laurel St.
East Bridgewater, 02333

**Springfield
January 15th**

5:00p – 7:00p
Stavros
227 Berkshire Ave.
Springfield, 01109

***CALLING ALL PARENTS/GUARDIANS:** Join us during the Worcester YLN for guest speaker, **Nicole K. Cardamone, Esq.**, Staff Attorney, Education Law Project, Community Legal Aid, Inc. Community Legal Aid, Inc. (CLA) provides free civil legal services to low-income and elderly residents of central and western Massachusetts. Regardless of how much money you have, we assure fairness for all in the justice system, protecting homes, livelihoods, health, and families.

Please let us know if you will be attending one of our meetings! You can RSVP by clicking the Orange button or by calling 617-226-2855.

ASL accommodations requests must be received at least 3 weeks before the area event. To request accommodations email or call youth@eastersealsma.org, or call 617-226-2855.

In case we need to cancel a meeting, we will post any cancellation notices on our Facebook page the day of the meeting by 10:00 am for Boston & Worcester 12:00 pm for Springfield & E. Bridgewater. In order to receive email cancellation notices, **please be sure to RSVP and like us on Facebook by clicking the icon below.**

Accessible Martial Arts

The Easterseals Massachusetts Accessible Martial Arts Program is for people with and without disabilities who want to learn and practice self-defense, stretching, exercise, and relaxation techniques.



Worcester

January 9 & 28

6:00 - 7:00

YWCA

1 Salem Sq. Worcester, 01608

Cost: \$5/Class OR \$20/5 Classes

Boston

January 22

6:00 - 7:00

Non Profit Center

89 South St. Boston, 02111

Cost: Free

Please let us know if you will be attending one of our meetings! You can RSVP by clicking the Orange button or by calling 508-751-6417.

In case we need to cancel a class, we will post any cancellation notices on our Facebook page the day of the class by 10:00 am for. In order to receive email cancellation notices, **please be sure to RSVP and like us on Facebook by clicking the icon below.**

Additional Events & Activities



Empowering Women with Disabilities
Community Group

Thrive community groups are open to women with disabilities 14 and up.



**Embrace
Your Rhythm**
Dance and fitness event



Join us for an afternoon of dance and fitness with Embrace Your Rhythm!

January 19
12:00 - 1:30
89 South St.
Boston 02111

Embrace your rhythm offers the rare opportunity for people with disabilities to participate in physical fitness through movement and music. Our goal is to promote confidence, health/well being, fun, friendship as well as build upon physical, social, and emotional skills.

Please let us know if you will be attending! You can RSVP by clicking the Orange button or by calling 617-226-2855.

In case we need to cancel, we will post any notices on our Facebook page the day of by 10:00 am, **please be sure to RSVP and like us on Facebook by clicking the icon below.**

See what's happening on our social sites:

