



Photo: Happy New Year sign on confetti covered background

From our ACIL family to yours...

With another year in the rearview mirror, it's time to look ahead to 2024. Whether your new years intentions include meeting new friends, working on your health and well-being or learning new skills, we are here to support you. From everyone at Atlantic CIL, we wish you a Happy New Year!

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Atlantic Center for Independent Living

160 S. PITNEY RD., UNITS 3 & 4, GALLOWAY, NJ 08205
PHONE: (609)748-ABLE (2253) | ATLANTICCIL.ORG

Our Mission

Atlantic Center for Independent Living, Inc. is a center that assists individuals with disabilities to live and work as independently as possible.

Our core services include:

Information & Referral

Information about & referrals to services and organizations that can help you achieve your independence.

Advocacy

Staff assist individuals with personal issues to advocate for what they need. Systems advocacy identifies issues that affect others within the community and develop strategies to bring about systems change.

Peer Support

We believe that individuals experiencing the same issues (peers) are in the best position to support one another dealing with similar experiences.

Life Skills Training

Services are designed to assist you in gaining the skills necessary to live independently in your community.

Transition Services

Youth: Our youth services provide support and guidance to students transitioning from school to adult life with a strong emphasis on employment.
Seniors: Atlantic staff can assist seniors living with disabilities to ensure they are receiving benefits and services designed to ensure the greatest independence possible with the goal of remaining within their communities.

Community Spotlight

Your Health
Your Life



Atlantic County
Division of Public Health
Newsletter
Winter 2023

Su salud
Su vida



Boletín de Salud de la
División de Salud Pública
del Condado de Atlantic
Invierno 2023

Tips for Healthy Eating on a Budget

Get the biggest nutrition bang for your buck

- Plan out a few meals for the week and make your shopping list based on these ingredients.
- Choose meatless meals. Plant proteins such as beans and tofu are generally more affordable than meats and fish.
- Don't shop on an empty stomach. Munch on a piece of fruit or some nuts before entering the store.
- Allow for flexibility in your shopping list. If fresh produce or poultry and fish are on sale, purchase extra quantities and freeze them for later use. Meats, fish, bananas, berries, avocados, broccoli, cauliflower, and corn freeze well.
- Purchase nonperishable foods in bulk. It may cost more up-front to buy "family-sized" products like whole grains, lentils, and dried beans, but the cost per unit is usually cheaper.
- Buy store-brand items. They're generally cheaper because less money is spent on advertising and fancy food labels.
- Use what you have before buying more. Take inventory of all the food in your kitchen twice a month. Bring forward the buried items and plan meals based on these ingredients.

Low cost, nutritious foods:
Proteins
Beans, Peas, Lentils (dried, frozen, canned)
Canned fish (tuna, salmon, sardines)
Lean ground turkey, Chicken thighs (remove the skin)
Peanut butter, Low-fat cottage cheese
Tofu, Eggs
Produce
Leafy greens (kale, collards)
Whole heads of lettuce or cabbage
Broccoli, Radishes, Carrots
Apples, Bananas
Frozen unsweetened fruit
Frozen or canned vegetables (no salt added)
Whole grains and pastas
Store-brand high-fiber cereals (plain shredded wheat, bran)
Whole rolled oats
Whole grains (brown rice, millet, barley, bulgur)
Whole grain pasta
Snacks
Peanuts, Popcorn cooked in an air-popper, String cheese

Consejos para Alimentación Saludable con un Presupuesto Limitado

Obtenga el mayor beneficio nutricional por su inversión

- Planee algunas comidas para la semana y haga una lista de compras en función de estos ingredientes.
- Elija comidas sin carne. Las proteínas vegetales, como los frijoles y el tofu, suelen ser más asequibles que las carnes y el pescado.
- No haga compras con el estómago vacío. Mastica una pieza de fruta o unos frutos secos antes de entrar a la tienda.
- Permita flexibilidad en su lista de compras si hay productos frescos, aves y pescado en oferta, compre cantidades adicionales y congélelos para su uso posterior. Las carnes, el pescado, los plátanos, las bayas, los aguacates, el brócoli, la coliflor y el maíz se congelan bien.
- Comprar alimentos no perecederos al por mayor. Puede que cueste más por adelantado comprar productos "de tamaño familiar", como cereales integrales, lentejas y frijoles secos, pero el coste por unidad suele ser más barato.
- Compre artículos de marca de la tienda. Generalmente son más baratos porque se gasta menos dinero en publicidad y etiquetas elegantes de los alimentos.
- Utilice lo que tienes antes de comprar más. Haga un inventario de toda la comida en su cocina dos veces al mes. Adelante objetos enterrados y planifica comidas en función de estos ingredientes.

Alimentos nutritivos y de bajo costo:
Proteínas
Frijoles, Cuisantes, Lentejas (secos, congelados, enlatados)
Conservas de pescado (atún, salmón, sardinas)
Pavo molido magro. Muslos de pollo (quita la piel)
Mantequilla de mani, Requésón bajo en grasa
Tofu, Huevos
Productos Agrícolas
Verduras de hojas verdes (col rizada, coles)
Cabezas enteras de lechuga o repollo
Brócoli, Rabanitos, Zanahorias.
Manzanas, Plátanos
Fruta congelada sin azúcar
Verduras congeladas o enlatadas (sin sal añadida)
Cereales Integrales y Pastas
Cereales ricos en fibra de marca comercial (trigo simple rallado, salvado)
Avena integral
Cereales integrales (arroz integral, mijo, cebada, bulgur)
Pasta integral
Aperitivos
Cacahuets, Palomitas de maíz cocidas en máquina de aire comprimido, Queso en tiras

It's not too late to get your Flu Shot
Protect Yourself and Others

Free Flu Vaccination
for adults 18 years and older
No appointment needed

Walk-In Tuesdays
9am - 12noon
201 S. Shore Rd, Northfield

Walk-In 3rd Tuesday
10am - 12noon
310 Bellevue Ave, Hammonton

Pediatric Flu Vaccination
for children 6 months - 18 years old
Available by appointment.
Call 609-645-5933



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities
Atlantic County Board of Commissioners
John W. Risley, Jr., Chairman

Beat the Winter Blues

Feeling sad when the weather and seasons change is common. To beat the winter blues, get moving. 20 minutes of activity four times a week has been shown to lift your mood. Get out in the sunlight or brightly lit spaces, especially early in the day. Set your alarm clock and stick to a sleep routine. Try to spend time with family and friends. Eat healthy foods and avoid overloading on sugar and carbohydrates like cookies and candies.

See a mental health professional if sadness doesn't go away or interferes with your daily life. For mental health resources visit www.mhaac.info. If you or someone you know is struggling or having thoughts of suicide, call or text the Suicide and Crisis Lifeline at 988 or chat at 988lifeline.org. In life-threatening situations, call 911.

No es demasiado tarde para conseguir su Vacuna contra la Gripe y otros

Gripe Gratis Vacunación
para adultos mayores de 18 años
Sin cita necesario

Martes Sin Cita Previa
9 am - 12 mediodía
201 S. Shore Rd, Northfield

Sin Cita Previa el Tercer Martes
10 am - 12 mediodía
310 Bellevue Ave, Hammonton

Vacunación Pediátrica Contra la Gripe
para niños de 6 meses a 18 años
Disponibles con cita previa.
Llame al 609-645-5933



División de Salud Pública del Condado de Atlantic: Trabajando para la salud de las personas y comunidades
Junta de Comisionados del Condado de Atlantic
John W. Risley, Jr., Chairman

Vence la Tristeza del Invierno

Es común sentirse triste cuando el clima y las temporadas cambian. Para vencer la tristeza invernal, muévete. Se ha demostrado que 20 minutos de actividad cuatro veces por semana mejoran el estado de ánimo. Salga a la luz del sol o a espacios bien iluminados, especialmente temprano en el día. Configure su despertador y siga una rutina de sueño. Intente pasar tiempo con familiares y amigos. Consuma alimentos saludables y evite sobrecargarse con azúcar y carbohidratos como galletas y dulces.

Consulte a un profesional de la salud mental si la tristeza no desaparece o interfiere con su vida diaria. Para recursos de salud mental, visite www.mhaac.info. Si usted o alguien que conoce está luchando o tiene pensamientos suicidas, llame o envíe un mensaje de texto a Suicide and Crisis Lifeline al 988 o chatee en 988lifeline.org. En situaciones que pongan en peligro su vida, llame al 911.

National Federation of the Blind

South Jersey Shore Chapter

Meets on 3rd Saturdays

10:00 am – 12:00 pm

Next Meeting: January 20th

Ocean City Library, 1735 Simpson Ave. (17th St. Entrance)



For more information contact:

Phil Harrison, President, 609-788-0890

Anthony Lanzilotti, Vice President, (609) 361-3038 | tti777@gmail.com

Please visit <https://www.nfbnj.org/about-nfbnj/>

5 THINGS TO KNOW WHEN YOUR CHILD WITH DISABILITIES TURNS 18

By Earth M. Nieves

Social Security Public Affairs Specialist of Southern NJ

When your child turns 18 years old, they legally become an adult. This is an important time to consider their financial future – especially if they need additional care into adulthood. Here are 5 things that may help you prepare for this milestone:

1. Health and Welfare Decision-making

- When your child legally becomes an adult, you can no longer make certain decisions for them about their health and welfare. However, you can stay involved through:
- A Representative Payee: Social Security will determine who best serves as a Representative Payee for your child's benefits. To learn more about the Representative Payee program, read our webpage at www.ssa.gov/payee/index.htm.
- Guardianship: This requires court involvement. It may be necessary if your child can't execute a power of attorney. Please consult an attorney for assistance.

2. Changes in Supplemental Security Income (SSI) Eligibility

- SSI provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits.
- If your child receives SSI, when they turn 18 we will review their eligibility for continued SSI payments based on the disability rules for adults. For more information, please review the publication, What You Need To Know About Your Supplemental Security Income (SSI) When You Turn 18 at www.ssa.gov/pubs/EN-05-11005.pdf. Please be sure to review this with your child. We also encourage you to check out Social Security's Youth Resources page at www.ssa.gov/youth.

3. Education Transitions

- If your child attends public school, they have a few options to continue their education, such as pursuing:
- A diploma: They may pursue further education in college or trade programs with an Individualized Education Program (IEP). More information on the IEP is available at www.ssa.gov/pubs/EN-64-118.pdf.

- A certificate: They may have the opportunity to continue in a transitional program in their high school even after they complete their senior year. Most are permitted to remain until they turn 22.
- Employment: Local Vocational Rehabilitation Services can assist with employment options during pre-graduation IEP meetings.

4. Support for Living Arrangements

- Once your child turns 18, they may choose or qualify for different living arrangements depending on the services they already receive. If your child receives therapy services at school, how will they receive them once they leave? They could receive them through a Medicaid waiver or private insurance.
- Qualification for respite services may also look different. Respite services allow family caregivers time to step away from their duties. It is essential you understand all the benefits and options available to your child after they complete high school before deciding on living arrangements and services.

5. Financial Protections

- Special Needs Trust: Update estate planning documents before your child turns 18. Otherwise, inheritance may terminate your child's governmental benefits.
- ABLE Account: You can deposit funds into this account up to a certain limit each year; however, there are limits on what its funding covers. More information on ABLE accounts is available at www.ssa.gov/payee/able_accounts.htm
- Children receiving benefits on a parent's record may continue to receive those benefits until age 19 if they're a full-time elementary or secondary school student. People who have a qualifying disability that began before age 22 may also be eligible to receive child's benefits at any age. For more information, please review the publication, Benefits for Children at www.ssa.gov/pubs/EN-05-10085.pdf.

As your child turns 18, consider these issues while you navigate their financial future. For more information, please contact the Special Needs Alliance at www.specialneedsalliance.org/contact-us or visit the Social Security website at www.ssa.gov.

Monthly Calendar



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy New Year 1	Life Skills 2pm Current Events 3pm 2	Chronic Pain 2pm 3	Life Skills 6pm 4	Social/Wellbeing 1pm 5	6
7	Sketchbook Club 1pm 8	Life Skills 2pm Current Events 3pm 9	Chronic Pain 2pm 10	Life Skills 6pm 11	Social/Wellbeing 1pm 12	13
14	MLK Jr. Day 15	Life Skills 2pm Current Events 3pm 16	Chronic Pain 2pm 17	Life Skills 6pm 18	Social/Wellbeing 1pm 19	20
21	Sketchbook Club 1pm 22	Life Skills 2pm Current Events 3pm 23	Chronic Pain 2pm 24	Life Skills 6pm 25	Social/Wellbeing 1pm 26	27
28	Sketchbook Club 1pm 29	Life Skills 2pm Current Events 3pm 30	Chronic Pain 2pm 31	Life Skills 6pm	Social/Wellbeing 1pm	

Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4



NAMI Atlantic/Cape May



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

Express Yourself

Coloring has the ability to relax the fear center of your brain, reduce stress, and improve focus. Join our creative community to socialize and express yourself through color!



1/27, 2/24, 3/23
Galloway Library
306 E. Jimmie Leeds Road
Galloway, NJ 08205
12-2pm | Free

For more information contact: namiacm.am@gmail.com
The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4



Connecting the Dots
to Independence

Learn how to prepare yourself or loved one to live as independently as possible. Start to take the steps to transition into adulthood successfully.



Photo: Lindsey and Debra Freed

This bi-monthly group is guided by Debra Freed of Adult Independent Services who has first hand knowledge and experience transitioning her daughter, Lindsey, into adulthood.

For more information contact Debra Freed at (954)541-7765

The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Jennifer at jburke@atlanticcil.org (609)748-2253 ext.4



Weekly Life Skills Activities

Tuesdays at 2pm with Outreach and Activities Specialist, Jen Burke

**Zoom Meeting ID #:
811 7298 2370
Passcode: 513838
Zoom Link**

2024 VISION BOARDS

Let's visualize our goals for the new year!

2024 Goals

- First Goal
- The Second
- Next One
- Fourth Goal
- The Fifth
- Next One
- Sixth Goal

January 2, 2024
2:00 PM
Zoom ID: 811 7298 2370
Passcode: 513838
Zoom Link

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4

DECISION FATIGUE
SIMPLIFYING SELF CARE TASKS

CAN'T DECIDE IF I SHOULD...

CALL A FRIEND EXERCISE

DO DISHES DO LAUNDRY

January 9, 2024
2:00 PM
Meet ID #: 811 7298 2370
Passcode: 513838
Zoom Link

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4

Computer Clean UP

Organize and delete old files, clear browsing data and more!

ZOOM ID: 811 7298 2370 | PASSCODE: 513838
ZOOM LINK

January 16, 2024 | 2:00 PM

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4

Social Etiquette

Better understand social dynamics

January 23, 2024 | 2:00 PM
Zoom Meeting ID #: 811 7298 2370 | Passcode: 513838 | Zoom Link

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4

Navigating Public Transportation

Gain the knowledge and skills to navigate public transportation. We will cover preparedness, safety and how to apply for access link.

January 30, 2024 | 2:00 PM
ZOOM MEETING ID #: 811 7298 2370 | PASSCODE: 513838
ZOOM LINK

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4

Thursdays at 6pm with Independent Living Specialist, Jenny Walker

**Zoom Meeting ID #:
850 6315 3999
Passcode: 154100
Zoom Link**

Learning how to set up healthy boundaries!

Your boundaries are important & worth respect

January 4th @ 6PM
Meeting ID:
850 6315 3999
Passcode 154100
Zoom Link

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticcil.org or (609)748-2253 ext #3

Learning the meaning of acceptance and understanding when to be proactive instead of reactive!

KNOW THAT YOU HAVE THE POWER TO PROTECT YOUR PEACE

JAN. 11, 2024 @ 6PM
MEETING ID: 850 6315 3999
PASSCODE: 154100
ZOOM LINK

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT jwalker@atlanticcil.org OR (609)748-2253 EXT. #3

Happy New Year

Choose people that choose you

Identifying the difference between healthy relationships and unhealthy relationships!

Jan. 18, 2024 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
Zoom Link

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticcil.org or (609)748-2253 ext. #3

Understanding your value!

Jan. 25, 2024 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticcil.org or (609)748-2253 ext #3

Our Stories



Photo: Alyson and Dylan Bakley with their rescue dogs at the Pink Elephant in DeForest, WI.

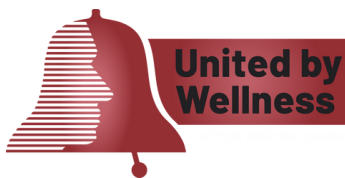
On September 19th, 2020, **Alyson Bakley**, experienced a sudden cardiac arrest. She found herself navigating a long process that led to a diagnosis of a rare micro-vascular disorder effecting her small blood vessels. Doctors had to rule out a heart attack by checking large arteries. Only after checking small vessels, did they find Alyson had 5 small heart attacks. Not much is known about the causes of this disorder but once diagnosed Alyson explained, “It’s important I monitor my blood pressure, cholesterol, and prevent type 2 diabetes in order to avoid future issues.” Medications and balancing exercise without over doing it helps with this effort.

Navigating her new life with a disability led Alyson to connecting with Atlantic CIL. “I knew Donald through school and we kept in touch, I knew he was part of the CIL and reached out to see if they could help.” Alyson’s goal has been to live as a back to normal as possible and there have been many twists and turns along the way. “I’ve worked with almost everyone,” she detailed. “Donald has helped me interpret regulations and assist me in the process of applying for a disability parking pass. Patti has helped me keep records and document things. Dawn has assisted me with questions I had about Social Security. Ana has helped me navigate employment with career exploration, resume and interview preparation. I even joined the drawing group and made a vision board with Jen.” Through it all, a key take away Alyson mentioned is, “You don’t always realize how much you have to ask for, Doctors don’t always connect you with resources unless you ask.” Through working with the CIL, “I’ve learned to advocate for myself.”

Alyson and her husband, Dylan, love to go on road trips with their rescue dogs. She likes to cook, be creative, and help people by volunteering. In fact, Alyson is currently serving on the Atlantic CIL Board alongside her peers, advocating for disability rights.

“Representation makes such a big difference. Having our board comprised of at least fifty percent of people living with disabilities themselves sets us apart, our intentions are very genuine. We say what we mean and mean what we say, we come from a place of understanding.”

Collaboration Activities



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC
160 SOUTH PITNEY ROAD, SUITE 3 & 4
GALLOWAY, NJ 08205
(609) 748-2253 [HTTPS://ATLANTICCIL.ORG](https://atlanticcil.org)

12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMODYOYQOTGVGTSW_LUNGCBYEY582MB6VZKL](https://zoom.us/join/97535873500)

LEARN NEW COPING SKILLS TO HELP DEVELOP RESILIENCY AND WAYS TO PROCESS STRESS. TYPES OF ACTIVITIES VARY FROM WRITING, ART, POETRY, AND MUSIC.

8PM–9PM MONDAYS: KEEPING OUR COMMITMENTS

MEETING ID: 918 0901 4251 [HTTPS://ZOOM.US/MEETING/REGISTER/TJULDCORZ80H9XRYD030HTXQJPDNWCVR-T](https://zoom.us/join/91809014251)

OPEN SHARE/TOPIC FOCUSED GROUP – CONSUMERS WILL EXPLORE WAYS TO KEEP COMMITMENTS TO OTHERS BY EXPLORING WHAT MENTAL AND PHYSICAL ISSUES THAT THEY MIGHT BE EXPERIENCING AND HOW TO FACE THEM.

2PM–3PM WEDNESDAYS: BETTER TOGETHER

MEETING ID: 875 6132 4882 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZMOCEIRRD8IETAPSQ0DD-01VP4GHGIVIBFO](https://us06web.zoom.us/join/87561324882)

TOPIC FOCUSED GROUP – THIS IS A SUPPORT GROUP FOR INDIVIDUALS WHO STRUGGLE WITH A COMBINATION OF PHYSICAL AND MENTAL HEALTH CHALLENGES. TOGETHER WE WILL DISCUSS A TOPIC SURROUNDING THE STRUGGLE OF BALANCING PHYSICAL AND MENTAL WELL-BEING. LET'S SUPPORT EACH OTHER IN OUR JOURNEYS TO WELLNESS!

4PM–5 PM THURSDAYS: YOU HAVE THE FLOOR

MEETING ID: 948 2568 3415 [HTTPS://ZOOM.US/MEETING/REGISTER/TJALDEYUJGUG9FAWK7J1M7HBNSYXHEZ3RROZ](https://zoom.us/join/94825683415)

ALLOW PEOPLE TO BE SEEN AND HEARD BY GIVING THEM THE FLOOR SO TO SPEAK TO TALK FOR UP TO FIVE MINUTES. MAY ALSO INCLUDE, FROM TIME TO TIME, TOPICS ON BETTER COMMUNICATION SKILLS.

2PM–3PM SATURDAYS: COLOR ME HEALTHY

MEETING ID: 963 4262 7503 [HTTPS://ZOOM.US/MEETING/REGISTER/TJLUC-UURDWVGTEKARAOZU3IYUT8TLIL3U6](https://zoom.us/join/96342627503)

ACTIVITY GROUP – GRAB YOUR COLORING BOOK & ART SUPPLIES OF CHOICE AND COLOR WITH US DURING THIS RELAXING, CREATIVE HOUR! CONVERSATION IS KEPT LIGHT AND FOCUSED ON UPLIFTING TOPICS.

10AM–11AM SUNDAYS: CHRONIC PAIN SUPPORT GROUP

MEETING ID: 891 6452 0279 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZOSCE2TRDSOHDZCUHEEDTNYHPP0AQ00LQ](https://us06web.zoom.us/join/89164520279)

OPEN SHARE/TOPIC FOCUSED GROUP – THIS IS A SAFE SPACE FOR INDIVIDUALS WITH COMMON EXPERIENCES, FEELINGS & STRUGGLES OF LIVING WITH CHRONIC PAIN. SHARING AND DISCUSSING COMMON WORRIES... WHILE LISTENING, LEARNING, AND SUPPORT ONE ANOTHER.

7:30–8:15PM SUNDAYS: MEDITATION

MEETING ID: 927 8257 0162 [HTTPS://ZOOM.US/MEETING/REGISTER/TJYQF-UTQTSRHNABPFWUMGQ4NVXJHIFKP-X](https://zoom.us/join/92782570162)

END YOUR WEEKEND/ START YOUR WEEK OFF PEACEFULLY WITH OUR MEDITATION HOUR.

8–9 PM REDISCOVERING YOU THROUGH VITAL WELLNESS (2ND AND 4TH SUNDAY)

MEETING ID: 895 1210 9665 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZ00DUUPRJSHSGSWWTJEDOSX88_DY88M04E](https://us06web.zoom.us/join/89512109665)

TOPIC-FOCUSED/ACTIVITY-BASED – A SOCIALLY OPEN GROUP IN WHICH WE DISCUSS COPING SKILLS FOR TODAY'S STRUGGLES AND TOMORROW'S SUCCESS. JOIN US TO BE A PART OF AN ACCEPTING CONVERSATION OR ACTIVITY.



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800



Civic Engagement Initiative

YOU can be the change



Cover picture: Advocates protesting for the passage of the Americans with Disabilities Act of 1990. *Image credit: Tom Olin *Via: Wellesley College



Join United by Wellness to participate in our workshops

<https://www.surveymonkey.com/r/8VXP2K8>

The Atlantic Center for Independent Living and The Mental Health Association in Atlantic County support equal access for all.