



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

NOVEMBER NEWSLETTER 2025 • VOL. 6



Photo: Fall leaf floating on water

From our ACIL family to yours...

Hello and happy November! We're thankful for each of you and excited to share another month of connection, support, and great activities. Wishing you a cozy, uplifting month ahead, we're here for you every step of the way!

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Atlantic Center for Independent Living, INC

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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.

Atlantic Center for Independent Living, INC



Community Spotlight

Community Walks

With Coach Tadris & Friends

Tuesdays at 5:15pm

Stockton University, Galloway

Call (609)748-2253 Ext. 4 or email
jburke@atlanticcil.org For More Details.



ACCESS to ART

LOCATION
Piney Hollow Arts Studio,
19 B Central Ave, Hammonton, NJ 08037

DATES
September 10, 2025
October 8, 2025
November 12, 2025
December 10, 2025

TIME
11:00 AM - 1:00 PM

FREE!
REGISTER HERE

Free art classes open to the public!
Adults who are neurodivergent are welcome to attend these free art workshops held once a month at Piney Hollow Arts Studio.



Co-sponsored with Atlantic Center for Independent Living supporting equal access for all.
For accommodations, contact Michael Cagno, mcagno@noyesmuseum.org, 609-626-3420

STOCKTON UNIVERSITY
New Jersey
arts garage
atlantic center for independent living
THE NOYES MUSEUM
arts garage
STOCKTON UNIVERSITY

"Book Club for Adults With Disabilities"
Read A Man Called Ove By: Fredrick Backman

Nov. 20th, 24th or 25th (A, Mon, Tue or Thur)
(Dates are subject to change but will definitely be at the end of month. Whoever reaches out with interest in joining us will let you know date once closer to it and when know for sure.)

AT 7:30PM- 9:00 PM (EST)

Virtual on Google Meets

Let Reading be Your Escape

FREE EVENT
Lead by a self-advocate

Have a snack that relates to book and do something creative that relates to book; examples: Poem, Craft, Drawing, etc.

If you want to join us email
booksarecool1985@gmail.com



NFB South Jersey Shore Chapter



10:00 am – 12:00 pm

Next Meeting: November 15th

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

For more information contact: President Ed Garcia at 650-759-0470

Please visit: <https://www.nfbnj.org/chapters/south-jersey-shore-chapter/>

Our Stories



Photo: Job training collage

Olivia connected with Atlantic CIL through DVRS and has been an active participant ever since. She has been working hard on her independent living skills and preparing for her future vocational goals. Olivia is excited about exploring opportunities that help her grow and build confidence for adulthood. Her dream is to become a history teacher one day, inspired by the pride she felt in high school while watching classmates earn their certificates.

Working with Ana has been a meaningful part of Olivia's journey. She loves the workshops she's been able to participate in and appreciates the support and encouragement she receives. "I really like working with Ana. I love all the workshops I have been receiving," Olivia shared. When she's not working towards her goals, she enjoys reading books like *Diary of a Wimpy Kid* and *Matilda*, and she loves exploring technology. With her passion for learning and bright outlook, Olivia is well on her way to achieving her dreams.

Atlantic CIL in the News

Atlantic CIL programs are making headlines for our commitment to inclusion, creativity, and community engagement. Through partnerships like the “Access to Art Initiative” with Noyes Museum of Art at Stockton University, ACIL offers hands-on art workshops and exhibits to people of all ages and abilities throughout Atlantic County. These programs encourage participants to explore their creativity, build confidence, and experience the joy of art in a welcoming and supportive environment. To read more about this initiative, visit [Noyes Partners with Nonprofit to Create Disability Arts Program](#).

ACIL’s dedication to inclusion also extends to physical activity. Local running programs, led by Coach Tadris Parker, have inspired athletes of all abilities to participate and connect through adaptive training methods. By offering opportunities for everyone to engage at their own pace, ACIL demonstrates its mission to empower individuals, foster independence, and strengthen community bonds through art, fitness, and community programs. To learn more, check out [Local running club inspires inclusion and connection ahead of Atlantic City Marathon Race Weekend](#).

We are grateful to our community partners for helping make these programs possible. Their support, collaboration, and dedication allow ACIL to offer creative, educational, and recreational opportunities to people of all abilities. Together, we are building a stronger, more inclusive community where everyone can learn, grow, and thrive.

Art Is In The Making at Atlantic CIL



Art is In the Making: Join us each month for a fun, all-levels art session where you can explore your own ideas or follow along. No experience necessary! All supplies provided.

LOCATION

Atlantic CIL

160 S. Pitney Rd., Units 3 & 4, Galloway, NJ

HELD ON THE SECOND WEDNESDAY OF EACH MONTH

September 10 from 6:00 - 8:00 PM

October 8 from 6:00 - 8:00 PM

November 12 from 6:00 - 8:00 PM

December 10 from 6:00 - 8:00 PM

FREE!

Limited seating available. Email jburke@atlanticcil.org to save your seat.

Co-sponsored with Atlantic Center for Independent Living supporting equal access for all..
For accommodations, contact Michael Cagno, mcagno@noyesmuseum.org, 609-626-3420



Virtual Support Groups & Activities

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

Atlantic CIL Weekly Activity Links

Life Skills | Monday | 2pm | Zoom

<https://us02web.zoom.us/j/83007585374?pwd=McU3UFciKbQjIltuB1kk9yLjCRufQp.1>

Call In: 1-346-248-7799 | Meeting ID: 830 0758 5374 | Passcode: 248110

Sketchbook Club | Monday | 3:30pm | Zoom

<https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09>

Call In: 1-309-205-3325 | Meeting ID: 838 5439 1536

Social Group | Tuesday | 2pm | Zoom

<https://us02web.zoom.us/j/88558466172>

Call In: 1-301-715-8592 | Meeting ID: 885 5846 6172

Chronic Illness and Pain Group | Wednesday | 2pm | Zoom

<https://us02web.zoom.us/j/85449180096>

Call In: 1-301-715-8592 | Meeting ID: 854 4918 0096

New Time Health Connection Call | 2nd and 4th Wednesdays | 5:30pm | Zoom

<https://us02web.zoom.us/j/87297450944>

Call In: 1-646-876-9923 | Meeting ID: 872 9745 0944

Life Skills | Thursday | 6pm | Zoom

<https://us02web.zoom.us/j/85063153999?pwd=NmJXd1ZUUhHpUkxneExISEJQWk8xQT09>

Call In: 1-646-931-3860 | Meeting ID: 850 6315 3999 | Passcode 154100



Additional Atlantic CIL Collaboration Activity Contacts

United by Wellness virtual support groups with MHA

Visit: <http://www.mhaac.info/ubw.html>

Community Walks with Coach Tadris, Tuesdays at 5:15pm

Contact Jen at jburke@atlanticcil.org, to join

Access to Art Classes with the Noyes Museum of Art

Ongoing programming Co-sponsored by Atlantic CIL

Visit <https://noyesmuseum.org> for details.

Board Game and Puzzle Group

2nd Mondays at 12pm at our Atlantic CIL Office

Atlantic Center for Independent Living, INC



Monthly Calendar



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC

NOVEMBER

Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	4 <u>Social Group 2pm</u> Community Walk 5:15pm VOTE ✓	5 <u>Chronic Illness & Pain Group 2pm</u>	6 <u>Life Skills 6pm</u>	7	8
9	10 <u>Board Game & Puzzle Group 12-2pm</u> <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	11 <u>Social Group 2pm</u> Community Walk 5:15pm <i>Veterans Day</i> ★ 	12 <u>Chronic Illness & Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u> Art 6pm 	13 <u>Life Skills 6pm</u>	14	15
16	17 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	18 <u>Social Group 2pm</u> Community Walk 5:15pm	19 <u>Chronic Illness & Pain Group 2pm</u>	20 <u>Life Skills 6pm</u>	21	22
23/30	24 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	25 <u>Social Group 2pm</u> Community Walk 5:15pm	26 <u>Chronic Illness & Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u>	27 <i>HAPPY Thanks Giving</i> Center Closed	28 Center Closed	29

Click on each group/activity title for active zoom link.
Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4

Weekly Life Skills Activities

Join us for Life Skills every Monday and Thursday! New topics are presented each week to assist you in gaining the skills necessary to live independently in your community.



PROBLEM SOLVING AND DECISION MAKING

Join us to learn how to recognize problems, explore solutions, and make confident decisions.

November 3, 2025 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticcil.org | 609-748-2253 ext 1007

MONDAY

Mondays at 2pm with
Independent Living Specialist
Jamie Burke
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



How to Stop Overthinking

Recognize patterns
Learn coping strategies

November 17, 2025 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticcil.org | 609-748-2253 ext 1007



JOB READINESS

Resume building
Workplace behavior
Time Management

November 10, 2025 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticcil.org | 609-748-2253 ext 1007

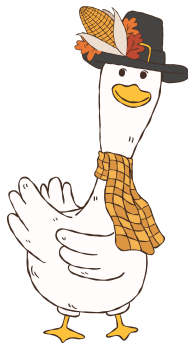



Gratitude Collage

Help us create a digital collage
Full of all the things we are grateful for!

November 24, 2025 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticcil.org | 609-748-2253 ext 1007



THURSDAY

Thursdays at 6pm with
Independent Living Specialist
Jenny Walker
Zoom Meeting ID #: 850 6315 3999
Passcode: 154100 | [Zoom Link](#)




NAVIGATING DIFFICULT CONVERSATIONS

NOV. 6TH @ 6PM
MEETING ID: 840 0283 6340
PASSCODE: 155686
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



Reacting to the challenges of life!

Nov. 13th @ 6pm
Meeting ID: 840 0283 6340
Passcode: 155686
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 THANKSGIVING

Don't forget to be grateful everyday

NOV. 20TH @ 6PM
MEETING ID: 840 0283 6340
PASSCODE: 155686
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

Collaboration Activities



MONDAY

2-3 PM: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500

<https://zoom.us/join/97535873500>

THIS GROUP IS OPEN TO ANYONE INTERESTED IN ADDING TO THEIR WELLNESS TOOLBOX! EACH MEETING INCLUDES AN ACTIVITY AND AN OPPORTUNITY TO SHARE & REFLECT.

5-6 PM: MENTAL HEALTH WRITING GROUP

MEETING ID: 861 6663 5659

<https://zoom.us/join/86166635659>

EACH WEEK, A NEW READING WILL BE PRESENTED ABOUT MENTAL HEALTH. MEMBERS WILL TAKE THE TIME TO WRITE ON THE READING, AND CAN CHOOSE TO READ OFF WHAT THEY HAVE WRITTEN/GIVE FEEDBACK AND REFLECT.

TUESDAY

5-6 PM: LIFE AFTER LOSS

MEETING ID: 850 5917 9372

<https://us06web.zoom.us/join/85059179372>

JOIN US IN OUR OPEN SHARE/TOPIC BASED GROUP DEDICATED TO FINDING COMFORT, JOY, AND GROWTH FOLLOWING LOSS.

* THIS IS A CLOSED GROUP, MEMBERS WILL NOT BE ADMITTED AFTER 5:10PM. *

WEDNESDAY

8-9 AM: SHARE YOUR SUNSHINE

MEETING ID: 890 3553 9203

<https://zoom.us/join/89035539203>

THE PURPOSE OF THIS GROUP IS TO CREATE A COLLABORATIVE SPACE IN WHICH MEMBERS FROM DIFFERENT BACKGROUNDS CAN COME TOGETHER AND FIND CONNECTION, SUPPORT, AND JOY FROM EACH INDIVIDUALS INTERESTS. THE GOAL IS TO CREATE A SPACE THAT NURTURES EMPOWERMENT AND SELF FULFILLMENT. ,

3PM-4PM: BETTER TOGETHER

MEETING ID: 875 6132 4882 <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!



To receive the zoom information in a daily newsletter become a member of United by Wellness today

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



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

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6-7 PM: DEPRESSION SUPPORT GROUP

MEETING ID: 934 5705 3073

<https://zoom.us/join/zoom/93457053073>

THIS SUPPORT GROUP IS FOR THOSE LIVING WITH DEPRESSION TO SHARE EXPERIENCES AND RECEIVE SUPPORT FROM OTHERS WHO UNDERSTAND. GROUP MEMBERS BENEFIT FROM MUTUAL SUPPORT AND CONNECTION.

THURSDAY

4-5 PM: LIFE SKILLS

MEETING ID: 870 3716 4227

<https://us06web.zoom.us/join/zoom/87037164227>

LEARN ADAPTIVE, POSITIVE WAYS OF DEALING WITH THE DEMANDS AND CHALLENGES OF ALL FACETS OF EVERYDAY LIFE, SUCH AS FAMILY, RELATIONSHIPS, WORK, ENVIRONMENT, SELF-CARE, RESILIENCE, AND MORE.

FRIDAY

2-3 PM: LIGHT BULB- A GROUP FOR YOUR THOUGHTS

MEETING ID: 995 1443 1197

<https://zoom.us/join/zoom/99514431197>

DURING THIS GROUP REFLECTION QUESTIONS ABOUT VARIOUS WELLNESS TOPICS WILL BE SHARED AND THEN EXPLORED AS A GROUP. EACH GROUP WE WALK AWAY LEARNING SOMETHING NEW!

4-5 PM: BREAKING BARRIERS

MEETING ID: 885 2514 6106

<https://us06web.zoom.us/join/zoom/88525146106>

A SUPPORT GROUP WHERE WE WILL LEARN, GROW, SHARE, AND BECOME MORE EMPOWERED TO BREAK THE BARRIERS TO HAVE EQUAL OPPORTUNITIES TO LIVE THE LIFE WE WANT.

SATURDAY

11 AM-12 PM: PUT OFF PROCRASTINATION

MEETING ID: 891 6577 9251

<https://us06web.zoom.us/join/zoom/89165779251>

WHETHER IT'S FINISHING A CHORE, WORKING ON A PROJECT, OR EVEN STARTING A NEW HOBBY, LET'S START PUTTING OFF PROCRASTINATION TOGETHER.

SUNDAY

10-11 AM: OVERCOMING OBSTACLES

MEETING ID: 891 6452 0279

<https://us06web.zoom.us/join/zoom/89164520279>

THIS IS A SAFE SPACE FOR INDIVIDUALS WHO HAVE COMMON EXPERIENCES, FEELINGS, AND STRUGGLES WHEN IT COMES TO LIFE'S OBSTACLES. WE'LL SHARE AND DISCUSS OUR WORRIES... WHILE ALSO CELEBRATING OUR SUCCESSES.

7-7:45 PM: MEDITATION

MEETING ID: 927 8257 0162

<https://zoom.us/join/zoom/92782570162>

EACH MEETING A 15-20-MINUTE GUIDED MEDITATION WILL TAKE PLACE FOLLOWED BY OPEN SHARING OF REFLECTIONS AND SETTING INTENTIONS FOR THE WEEK.



To receive the zoom information in a daily newsletter become a member of United by Wellness today

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



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