



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

DECEMBER NEWSLETTER 2025 • VOL. 6



Photo: Cardinal sitting on a branch in a snowy scene.

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From our ACIL family to yours...

Welcome to December! It's a perfect time to reflect, recharge, and reconnect with others. ACIL's activities and support groups are a wonderful place to find your community. Wishing you a month filled with warmth, belonging, and joy.

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.

Our Stories



Photo: ACIL and ACI taking part in the IHC Inclusivity Summit at Brookdale Community College

ACIL was honored to take part in a meaningful panel discussion on Civic Engagement during the Inclusive Healthy Communities (IHC) Inclusivity Summit at Brookdale Community College in Lincroft, NJ. Donald Campbell, Executive Director of the Atlantic Center for Independent Living, joined Luke Koppisch Deputy Director of the Alliance Center for Independence to explore how people with disabilities can actively engage in advocacy and drive positive change within their communities. Moderated by Kate Kelly, Executive Director of the Supportive Housing Association of NJ, the conversation highlighted the importance of empowerment, participation, and collective action.

The panel also emphasized the power of REV UP NJ and the critical role of the disability vote in shaping inclusive policies. Their discussion underscored how creating space for civic participation helps strengthen communities and amplifies the voices of people with disabilities. This work aligns closely with the mission of the IHC Grant Program which is an initiative of the Division of Disability Services (DDS) within the New Jersey Department of Human Services (DHS) that supports projects that build more inclusive, accessible, and equitable communities across New Jersey.

Remembering Alice Wong



Photo: Disability justice activist Alice Wong died last week at the age of 51. (MacArthur Fellows Program)

Alice Wong, a courageous and visionary leader in the disability justice movement, passed away on November 14, 2025, at the age of 51. Throughout her life she challenged systemic ableism and worked tirelessly to center disabled voices, especially those from marginalized communities, in national conversations about justice, equity, and access. As the founder of Disability Visibility Project (DVP), she created a vital platform for collecting and sharing the lived experiences of people with disabilities, celebrating disability as an essential aspect of human diversity.

Alice was not only an activist, but also a powerful writer and storyteller. Her memoir *Year of the Tiger: An Activist's Life* and the anthology *Disability Visibility: First-Person Stories from the Twenty-First Century* gave voice to countless individuals whose stories might otherwise have been overlooked, shining light on the intersections of disability with race, culture, identity, and social justice. Known for her honesty, wit, and uncompromising commitment to equity, as well as her signature red lipstick, power chair, and ventilator, Alice inspired a movement of self-advocacy, visibility, and hope. Her legacy will continue to guide and uplift disabled communities and allies for generations to come.

Sources: [UMBC](#) and [Disability Scoop](#)

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

Dates and Times

Wednesday, December 10th, 6-8pm

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

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



December

Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	2 <u>Social Group 2pm</u> Community Walk 5:15pm	3 <u>Chronic Illness & Pain Group 2pm</u>	4 <u>Life Skills 6pm</u>	5	6
7	8 Board Game & Puzzle Group 12pm <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	9 <u>Social Group 2pm</u> Community Walk 5:15pm	10 <u>Chronic Illness & Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u>	11 <u>Life Skills 6pm</u>	12	13
14 HAPPY HANUKKAH	15 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	16 <u>Social Group 2pm</u> Community Walk 5:15pm	17 <u>Chronic Illness & Pain Group 2pm</u>	18 <u>Life Skills 6pm</u>	19	20
21	22 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	23 <u>Social Group 2pm</u> Community Walk 5:15pm	24 <u>Chronic Illness & Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u>	25 MERRY CHRISTMAS Center Closed	26 HAPPY KWANZAA	27
28	29 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	30 <u>Social Group 2pm</u> Community Walk 5:15pm	31 <u>Chronic Illness & Pain Group 2pm</u>			

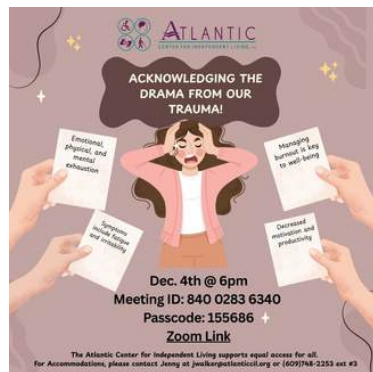
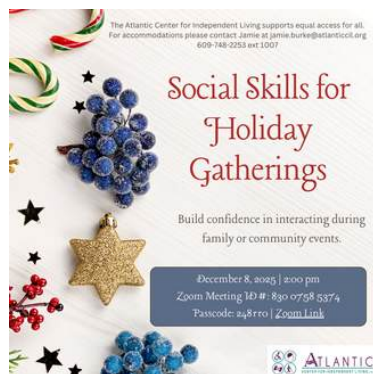
Click on each group/activity title for active zoom link.
 Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4

Weekly Life Skills Activities

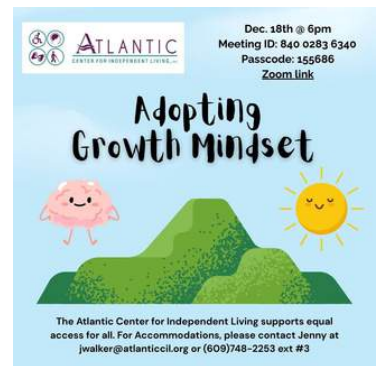
Join us for Life Skills every Monday and Thursday! New topics are presented each week to assist you in gaining the skills necessary to live independently in your community.



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



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



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/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/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/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/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/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/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/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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