



JANUARY NEWSLETTER 2026 • VOL. 6



Photo: Sunlight shining through a frosted window.

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From our ACIL family to yours...

Welcome, 2026! We're kicking off the new year with fresh energy and looking forward to another year of working together. Thanks for being part of the ACIL community!

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

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.



MOCEANS CENTER FOR INDEPENDENT LIVING PRESENTS



HORIZON
A women's group that highlights strength in every ability.



WEDNESDAY,
JANUARY 14TH
3:00 - 4:00 PM
ZOOM ID:
878 6054 0838

Join us for a session lead by Amanda Chirelli and Jacqueline Godbey from 180 Turning Lives Around. This month's topic will be focused on Domestic Violence Among Women With Disabilities.

 Please be advised that this session will feature sensitive discussions around domestic violence. Participant discretion is advised.

For more information go to: www.moceanscil.org/events

"Book Club for Adults With Disabilities"
Read The Ice House by: Monica Sherwood

Jan. 26th, 27th, 28th or 29th (A Mon , Tue, Wed or Thurs)
(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 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



Live the life you want.

10:00 am – 12:00 pm

Next Meeting: January 17th

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 caption: DVRS Logo

Atlantic Center for Independent Living (Atlantic CIL) offers Pre-Employment Transition Services (Pre-ETS) to high school students with disabilities at no cost. These services help students discover their interests, explore different careers, and build important skills they'll need for future jobs. The courses we offer are Job Readiness and Intro to Advocacy. Pre-ETS gives students a chance to learn about the world of work while they are still in school, helping them feel more confident about their next steps after graduation.

Preparing for a job doesn't happen overnight, which is why starting early is so important. Pre-ETS allows students to develop skills over time, practice new experiences, and prepare in advance of entering the workforce. By beginning this process early, students can feel more prepared and empowered when it's time to look for a job or continue their education. More information about Pre-Employment Transition Services is available through the New Jersey Division of Vocational Rehabilitation Services (DVRS) website.

Click here for more [DVRS Information](#) and the [Pre-ETS Registration Referral Form](#).



Happy New Year

Snow Removal Reminder



Photo Caption: Close up image of a snow shovel, shoveling snow.

Atlantic Center for Independent Living (ACIL) would like to share a helpful reminder with local municipalities about New Jersey's Snow Removal Law and the importance of keeping accessible parking and pathways clear during the winter months. This law plays an essential role in ensuring that individuals with disabilities can safely access businesses and services within your community.

Passed in 1999, the Snow Removal Law (P.L. 1999, Chapter 182; N.J.S.A. 39:4-207.9) requires owners and operators of parking lots to remove snow, ice, and other obstructions from accessible parking spaces, access aisles, and curb cuts. Clearing these areas within 24 hours of a snowfall helps maintain safe and accessible paths of travel for everyone and also helps businesses avoid potential fines ranging from \$500 to \$1,000.

If snow or ice is blocking accessible routes at a local business, individuals are encouraged to first bring it to the attention of the business owner or manager. If concerns remain, the mayor's office may also be a helpful point of contact. ACIL is always happy to answer questions or provide additional information, please feel free to reach out to us at any time.

Access to Art Reception

Our recent Access to Art reception was a wonderful celebration of creativity, connection, and the talented artists who participated in our classes over the past few months. It was inspiring to see their hard work on display and to gather together to honor each artist's unique voice, growth, and dedication.

Thank you to the Noyes Museum and all of the community partners who helped make this program such a meaningful and joyful success.



Photo Caption: Attendees enjoyed exploring the artwork on display, along with music and refreshments, during our Access to Art reception at the Noyes Arts Garage in Atlantic City.

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 | 1pm | Zoom (New Time)

<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=YWtFekQyeE9wTIBqdVpkQVIvRUiQT09>
Call In: 1-309-205-3325 | Meeting ID: 838 5439 1536

Socialization and Wellbeing Group | Tuesday | 1pm | Zoom (New Time)

<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 (1/7/26)

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

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

Chronic Illness and Pain group will combine with Socialization and Wellbeing Group starting 1/13/26

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 noyesmuseum.org for details.

Atlantic Center for Independent Living, INC

Monthly Calendar



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

January

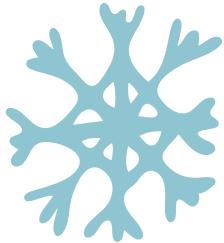
Activities & Support Groups

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

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 1pm with
Independent Living Specialist
Jamie Burke

Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



BASIC CAR MAINTENANCE
Learn what it takes to keep a car safely on the road!

ROUTINE MAINTENANCE
Routine maintenance tips and when to see a mechanic

TRANSIT
The cost of maintaining a car vs using public transportation

January 5, 2026 | 1:00 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@atlanticccl.org | (609)748-2253 ext 1007

TAKING INITIATIVE
Learn how to plan ahead, take initiative and be more independent!

INDEPENDENCE
Discover opportunities to act independently

SKILLS
Learn how to apply these skills at work and at home

January 12, 2026 | 1:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

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THE PROS AND CONS OF AI
Explore the impacts of AI on learning, communication and creativity.

INFORMATION
Information accuracy and problem solving

DATA
Privacy and data collection concerns

January 26, 2026 | 1:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

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CHEERS!
New Year, New You!
Let's reflect and set realistic goals for the new year.

Jan. 8th @ 6pm
Meeting ID# 840 0283 6340
[Zoom Link](#)

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

THURSDAY

Thursdays at 6pm with
Independent Living Specialist
Jenny Walker

Zoom Meeting ID #: 850 6315 3999
Passcode: 154100 | [Zoom Link](#)

SMARTER
Setting Goals for Personal Success

S	M	A	R	T	E	R
specific	matter	attainable	realistic	reputive	elevate	responsible

Jan. 15th @6pm
Meeting ID#
840 0283 6340

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS, PLEASE CONTACT JENNY AT jwalker@atlanticccl.org OR (609)748-2253 ext 1007



KNOW THAT YOU HAVE THE POWER TO PROTECT YOUR PEACE

JAN. 22ND @ 6PM
MEETING ID#
840 0283 6340

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

YOU HAVE VALUE!
Discuss ways to embrace change, see yourself with fresh eyes, and remember your value and self-worth.

Jan. 29th @ 6pm
Meeting ID#
840 0283 6340
[Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations, please contact Jenny at jwalker@atlanticccl.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/meeting/register/TjM0DOYg0tGvGtSw_lungcByEY582MB6VzKl

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/meeting/register/TjULDc0rz80h9XRYD030HTX0jPQdnWCVR-T>

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/meeting/register/TzMoceirrd8ietapsqodd-01vp4ghgivibf0>

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/meeting/register/TjAldeyupjGug9fawK7jm7hbnSYXheZ3Rr02>

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/meeting/register/TzMoceirrd8ietapsqodd-01vp4ghgivibf0>

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/meeting/register/TJCPCU600QZQHDFBPSFROLZAUIOFOAMZMCY>

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/meeting/register/TZMTD06PQD80GNMLNTVDJjI0STZ3BTW_N1SO

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/meeting/register/TJ0ODU2SRTORE90BFWEOWPI4BGQ9GVM187FW>

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/meeting/register/TZWODEYPOJORGTTQTKARTN_P6FK7MMXOXT72#/registration

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/meeting/register/JRVLDAJTCW_60GEBLCMMW

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/meeting/register/TZ0SCF2TRDSOHD2CUHEEDTNYHPPAOQ0QOL>

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/meeting/register/TJYQF-UTQTSRHYABPFWUMGQ4NVXJHIFKP-X>

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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