



Photo: Colorful collection of paper hearts.

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From our ACIL family to yours...

February is here, and it's the perfect time to connect and try something new. Join us for our virtual groups and activities and be part of a supportive 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.

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.



Registration for the 2026 baseball season will be open until March 31st.
Eligible players must be 6 yrs old by April 1st of the upcoming season to register.
<https://southjerseyfieldofdreams.com/register/>

NFB South Jersey Shore Chapter



10:00 am – 12:00 pm

Next Meeting: February 21st

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/>

Atlantic Center for Independent Living, INC

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Our Stories



Photo Caption: Jonathan Marable

Jonathan Marable grew up in Pleasantville and attended the Atlantic County Special Services School in Mays Landing, where he first connected with Atlantic CIL through life-skills workshops offered during his time there. Through that early connection, Jonathan became an ACIL consumer and began building important skills such as budgeting and preparing for his driver's written test. He currently works as a Bar Porter at Borgata Hotel Casino & Spa and has enjoyed working with ACIL Independent Living Specialists, Dawn and Jamie, who have supported him along the way.

Jonathan is actively working toward several goals, including earning his driver's license, purchasing a car, and eventually buying a home. With ACIL's support, he has been using the driving simulator, studying for his test, updating his resume, and exploring new job opportunities. He is also applying for carpentry training to help him move toward a long-term career. Outside of work, Jonathan enjoys playing video games and the drums, a passion he discovered through his church. Connecting with a Center for Independent Living in high school and staying engaged into early adulthood has played an important role in Jonathan's growth and independence. Starting early gave him a trusted space to build skills, ask questions, and gain confidence at his own pace. As his goals continue to evolve, that ongoing connection means he has consistent support as he works toward his future.

More Accessible Websites in NJ



Photo Caption: A computer keyboard featuring icons that represent accessibility, including wheelchair access, hearing impairment, and visual impairment..

New Jersey has passed a new law (A3636) requiring state agency websites to be significantly more accessible to people with disabilities, a move described as critical because “for many, accessibility isn’t a ‘special feature.’ It’s independence.” Before this change, many residents with disabilities faced frustration or complete barriers when trying to use government websites, not because services weren’t available, but because the digital design didn’t work with screen readers, captioning devices, voice software, and other necessary tools. The law also mandates that these sites be easier to use on smartphones and tablets, recognizing that mobile devices are often the primary way many people access the internet.

Supporters highlight how this legislative change aligns with broader goals of equality and inclusion. Assembly members emphasize that digital services are increasingly the gateway to essential government functions, like applying for benefits or accessing health information, and if they aren’t designed for everyone, then those services aren’t truly accessible. One legislator is quoted saying that by aligning state websites with established accessibility standards such as the Web Content Accessibility Guidelines (WCAG), New Jersey is actively removing digital barriers and ensuring that all residents can interact with government online independently.

Source: [NJ Just Made State Websites More Accessible](#)

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

<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

Socialization and Wellbeing Group | Tuesday | 1pm | Zoom

<https://us02web.zoom.us/j/88558466172>
Call In: 1-301-715-8592 | Meeting ID: 885 5846 6172

Life Skills | Thursday | 6pm | Zoom

<https://us02web.zoom.us/j/85063153999?pwd=NmJXd1ZUUhUhpUkxneExISEJQWk8xQT09>
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 Tadriss, 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.

hello
FEBRUARY

Atlantic Center for Independent Living, INC

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Monthly Calendar



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC

February

Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u> 	3 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	#E9A6B3 	5 <u>Life Skills 6pm</u>	6	7
8	9 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	10 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	11	12 <u>Life Skills 6pm</u>	13	14 
15	16  Center Closed	17  <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	18	19 <u>Life Skills 6pm</u>	20	21
22	23 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	24 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	25	26 <u>Life Skills 6pm</u>	27	28
						

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

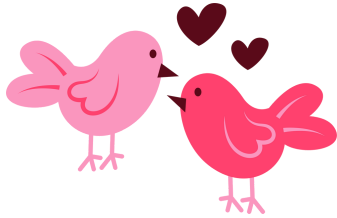
Weekly Life Skills Activities

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](#)



February 2, 2026 | 1:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

How to Care for Houseplants
LEARN ABOUT THE BENEFITS OF HOUSEPLANTS AND HOW TO KEEP THEM HEALTHY!

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

February 9, 2026 | 1:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

Random Acts of Kindness
DISCOVER WAYS TO SPREAD POSITIVITY WITH RANDOM ACTS OF KINDNESS!

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

February 23, 2026 | 1:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

Healthy Sleep Habits
JOIN US TO LEARN HOW TO IMPROVE REST AND INCREASE YOUR ENERGY!

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

February 5th
@ 6pm
Meeting ID: 840 0283 6340
Passcode: 155686

LEARNING HOW TO CONTROL OUR ANGER

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticcll.org or (609)748-2258 ext. #3

THURSDAY

**Thursdays at 6pm with
Independent Living Specialist
Jenny Walker**

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

February 19th @ 6pm
Meeting ID: 840 0283 6340
Passcode: 155686

Learning how to effectively Problem Solve

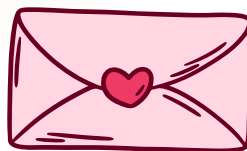
The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticcll.org or (609)748-2258 ext. #3

February 12th
@ 6pm
Meeting ID: 840 0283 6340
Passcode: 155686

Controlling your anxiety!

It's okay not to be okay..

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticcll.org or (609)748-2258 ext. #3



February 26th @ 6pm
Meeting ID: 840 0283 6340
Passcode: 155686

Making Good Decisions

Every move shapes your future

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticcll.org or (609)748-2258 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/MEETING/REGISTER/TJCPCU600ZGQHDFBPSEFROLZAEUIOFOAMZMCY](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/MEETING/REGISTER/TZMTD06POD80GNMLNVDJJI0STZ3BTW_NISO](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/MEETING/REGISTER/TJ0ODU2SRTORE90BFWEQWPI4BGO9GVM187FW](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/MEETING/REGISTER/TZWODEYPOJORGJOTKARTN_P6FK7MMXOXT72#/REGISTRATION](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/MEETING/REGISTER/JRVLDAJTOCW_60GEBLCMMW](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/MEETING/REGISTER/TZOSCE2TRDSOHD2CUHEEDTNY_HPPOAQQOQL](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/MEETING/REGISTER/TJYQF-UTQTSRHNYABPFWUMGQ4NVXJHIFKP-X](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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