



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

MARCH NEWSLETTER 2026 • VOL. 6



Photo: Purple Tulips

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From our ACIL family to yours...

Warm greetings from Atlantic Center for Independent Living as we welcome the month of March and the promise of longer days ahead. We're excited to share updates, resources, and opportunities to help our community stay connected, supported, and empowered this spring.

Atlantic Center for Independent Living, INC **1**

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 and Thursdays at 5:15pm
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: March 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/>

Our Stories

Donald Campbell Appointed to the New Jersey Council on Developmental Disabilities

Atlantic Center for Independent Living is proud to announce that our Executive Director, Donald Campbell, has been appointed to the New Jersey Council on Developmental Disabilities (NJCDD). This Governor appointed role highlights Donald's long-standing commitment to advocating for people with disabilities and strengthening the Independent Living movement across New Jersey.

The NJCDD plays a vital role in shaping public policy and driving systems change that empowers people with developmental disabilities to live with greater control over their lives. The Council identifies key needs across areas such as housing, employment, transportation, services, and supports, ensuring that statewide programs align with the priorities of individuals and families.

Donald is excited to serve and represent Centers for Independent Living and looks forward to bringing independent living values front and center in statewide policy conversations.

For more information on NJCDD please visit <https://njcdd.org/>



DDD Presentation

NEW JERSEY HUMAN SERVICES



Division of
Developmental
Disabilities

Understanding DDD

Wednesday, March 11, 2026

1pm on Zoom

Nicholl Vallee is a transition and employment specialist with the Division of Developmental Disabilities. Her presentation will focus on how to navigate the process for entry into the adult service system. Q&A session to follow the presentation.

Zoom Link: <https://us02web.zoom.us/j/81158922210>

Meeting ID: 811 5892 2210



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For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4

Virtual Support Groups & Activities

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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=NmJXd1ZUUhpkUkxneExISEJQWk8xQT09>
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 Tadrís, Tuesdays & Thursdays 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.



Atlantic Center for Independent Living, INC

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Monthly Calendar



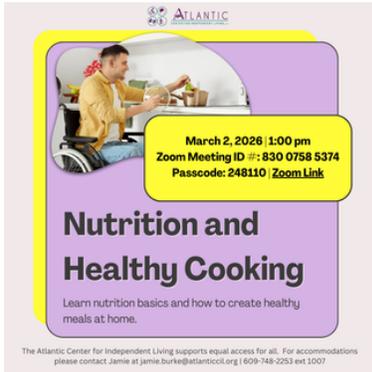
Activities & Support Groups

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	4	5 <u>Life Skills 6pm</u> Community Walk 5:15pm	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 Art 6pm 	11 <u>DDD Presentation 1pm</u>	12 <u>Life Skills 6pm</u> Community Walk 5:15pm	13	14
15	16 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	17 HAPPY ST. PATRICK'S DAY <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	18	19 <u>Life Skills 6pm</u> Community Walk 5:15pm	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> Community Walk 5:15pm 	27	28
29	30 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u> 			 Disabilities Awareness Month	 MULTIPLE SCLEROSIS AWARENESS	

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.



Nutrition and Healthy Cooking

Learn nutrition basics and how to create healthy meals at home.

March 2, 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@atlanticil.org | 609-748-2253 ext 1007

MONDAY

Mondays at 1pm with Independent Living Specialist Jamie Burke

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



Time Management

Prioritize and plan ahead
Set S.M.A.R.T. goals
Manage distractions

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

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Organization

Learn tools you can use on a daily basis
Plan ahead and manage time effectively
Create a system that works for you

March 16, 2026 1:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

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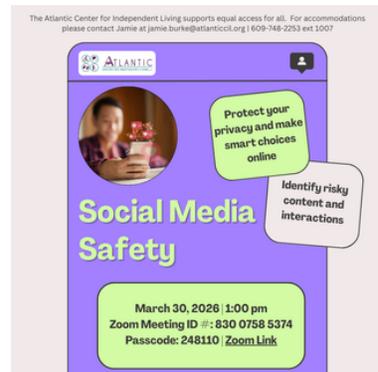


Recognizing Misinformation

Confidently navigate the digital world by learning how to recognize misinformation, avoid fraud, and use AI safely.

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

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Social Media Safety

Protect your privacy and make smart choices online
Identify risky content and interactions

March 30, 2026 1:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

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WHAT'S HAPPENING? A MENTAL HEALTH CHECK-IN

MARCH 5TH, 2026 @ 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 jwalkers@atlanticil.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](#)



EMBRACE YOUR DIFFERENCES!!!

March 12, 2026 @ 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 jwalkers@atlanticil.org or (609)748-2253 ext #3



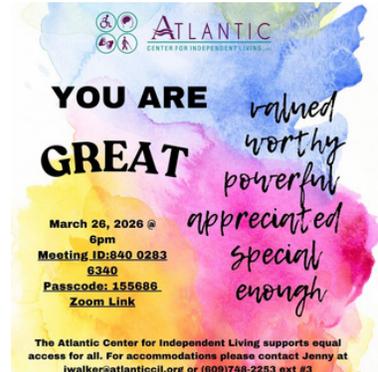
WHO ARE YOU?

HOW DO YOU WANT TO BE SEEN?

MARCH 19, 2026 @ 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 jwalkers@atlanticil.org OR (609)748-2253 EXT #3

Someone over the sea makes my heart sing

YOU ARE GREAT

valued
worthy
powerful
appreciated
special
enough

March 26, 2026 @ 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 jwalkers@atlanticil.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/TJMODYOYGOTGVGTSW_LUNGCBEY582MB6VZKL](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/MEETING/REGISTER/TJULDCORZ8OH9XRYD03OHTXQJPDNWCVR-T](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/MEETING/REGISTER/TZMOCEIRRD8IETAPSQ0DD-01VP4GHGIV1BFO](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/MEETING/REGISTER/TJALDEYUPIGUG9FAWK7JM7HBNSYXHEZ3RRO7](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/MEETING/REGISTER/TZMOCEIRRD8IETAPSQ0DD-01VP4GHGIV1BFO](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/TJ00DU2SRTORE90BFWEQWPI4BGO9GVM187FW](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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