



Photo: A field of tulips with vibrant orange and purple blooms.

From our ACIL family to yours...

This May, ACIL is full of opportunities to get involved through events and activities that strengthen our community. Join us as we continue working together for independence and inclusion.

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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.

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.

A poster for "ACCESS to ART" with a light blue background and colorful abstract shapes. It lists dates for 2026 and provides location and time information.

ACCESS to ART

DATES FOR 2026

March 10	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. Please arrive early so that the program can begin on time.	
April 14		
May 12		
June 9		
September 8		
October 13		
November 10		
December 8		
TIME		6:00 - 8:00 PM
LOCATION		The Atlantic Center for Independent Living, 160 S. Pitney Road, Suite 3-4, Galloway, NJ

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

A poster for the HERizon Women's Group May session. It features a sun icon, a cross symbol, and a circular logo for the Madalyn Massabni Foundation. It includes details about the session leader, date, time, and a QR code for RSVP.

HERizon × **MADALYN MASSABNI FOUNDATION TOXIC SHOCK AWARENESS**

HERizon Women's Group May session will be led by Christina Feldman and Dawn Massabni from Don't Shock Me and the Madalyn Massabni Foundation for Toxic Shock Awareness.

- Wednesday, May 13th 2026
- 3:00 - 4:00 PM
- Zoom Meeting ID: 878 6054 0838

Scan Here to RSVP!

NFB South Jersey Shore Chapter



10:00 am – 12:00 pm

Next Meeting: May 16th

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: Danielle attending Access to Art

Danielle Onyango is a vibrant young woman from New Jersey who graduated from Delran High School in 2024 with confidence, determination, and a love for staying active. She enjoys shopping, swimming, soccer, music, and acting, always bringing energy and enthusiasm to everything she does. In high school, Danielle performed in productions of *Mean Girls* and *Chicago*, discovering a passion for acting that continues today.

She later joined a special needs theater program in Moorestown, and performed in *Annie*, through the Penguin Project, a national program that empowers young artists with disabilities shine on stage. Now living in Atlantic County, Danielle is excited to find new opportunities to continue acting and sharing her talent.

Danielle's creativity extends beyond the stage. She loves attending the Access to Art program, a partnership between Atlantic Center for Independent Living and the Noyes Museum of Art of Stockton University, where she can sketch, express herself, and enjoy the social side of being with others who share her interests. She also participates in Zumba through The Arc of Atlantic County and in respite services through All Family Connections in Egg Harbor City, staying active while having fun.

Danielle says having Down syndrome has never defined or limited her, and with the love and support of her family, she has always felt encouraged to follow her dreams and be herself. At Delran High School, if she wanted to do something, the staff helped make it happen, which built her confidence and self-esteem. Today, she is looking for a job and would love to work for Chick-fil-A someday. She also dreams of attending Stockton University in the future, continuing to prove that her possibilities are endless.

Rally To Restore CIL Funding and More...



RESTORE FUNDING TO CILs

SAVE THE DATE

RESTORE \$3 MILLION FOR NJ CENTERS FOR INDEPENDENT LIVING

Supporting Independence for New Jersey Residents with Disabilities

WHAT'S HAPPENING
New Jersey's proposed state budget eliminates \$3 million in funding for Centers for Independent Living (CILs) — reducing it to \$0.

WHY THIS MATTERS
CILs help people with disabilities:

- Live independently
- Avoid institutionalization
- Access jobs and community life
- Build skills for everyday living

JOIN US FOR A RALLY
New Jersey State House Annex
145 W. State Street, Trenton, NJ

Monday, May 18, 2026
10:00 AM – 12:30 PM

TAKE ACTION

- ✓ Stand with advocates, families, and community members to demand:
- ✓ Restore the \$3 million
- ✓ Protect community-based services
- ✓ Support independence and dignity

\$3 million is a small investment — but without it, the cost to people with disabilities and families is immeasurable.

#RestoreTheFunding #DisabilityRights #IndependentLiving

For more information, visit www.adacil.org,
732-738-4388 or email Lkoppisch@adacil.org

#RestoreTheFunding #DisabilityRights #IndependentLiving

Restore Funding to CILs Rally

Monday, May 18, 2026

10:00 AM to 12:30 PM

NJ State House Annex,
145 West State Street, Trenton, NJ

Join us for a rally to help restore \$3 million for NJ Centers for Independent Living! New Jersey's proposed state budget eliminates \$3 million in funding for CILs...reducing it to \$0.

If you have any questions, please contact Donald Campbell at (609)748-2253, ext. 5.



State Rehabilitation Council
Public Forums
2026

The SRC & DVR want to hear from you!

- Share your experience with DVRS services.
- Make suggestions for improving awareness of & access to DVRS.
- Share your thoughts on DVRS services

Dates, times & link to register:
April 30 - 6 pm, May 13 - 3 pm, June 2 - 11 am

REGISTER HERE 

[SRC public forum 2026](#)



PEER-TO-PEER

Every 1st Wednesday
2 PM

Join the conversation! This discussion group is led by our Peer Support Specialist who brings lived experience, personal insight, and a listening ear. Discussion topics will vary and focus on disability related experiences, advocacy, and support.

ZOOM MEETING ID: 854 4918 0096 PASSCODE: 485855 [ZOOM LINK](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Amadeo at aastillero@atlanticcil.org




Peer-to-Peer Support Group

1st Wednesdays at 2pm with

Peer Support Specialist

Amadeo Astillero

Zoom Meeting ID #: 854 4918 0096

Passcode: 485855 | [Zoom Link](#)

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

Peer-to-Peer Support Group | 1st Wednesdays | 2pm | Zoom

<https://us02web.zoom.us/j/85449180096?pwd=4NvYwgyaO0zkFbbrL7TLC6M7BjNq1J.1>

Call In: 1-301-715-8592 | Meeting ID #: 854 4918 0096 | Passcode: 485855

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 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.



Monthly Calendar



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

May

Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
						
3	4 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	5 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	6 <u>Peer-to-Peer 2pm</u>	7 <u>Life Skills 6pm</u> Community Walk 5:15pm	8	9
10 	11 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	12 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm Art 6pm 	13	14 <u>Life Skills 6pm</u> Community Walk 5:15pm	15	16
17	18 CIL Rally Trenton 10am	19 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	20	21 <u>Life Skills 6pm</u> Community Walk 5:15pm	22	23
24/31	25  Center Closed	26 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	27 Fundraiser at Five Guys 5-8pm	28 <u>Life Skills 6pm</u> Community Walk 5:15pm	29	30

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](#)



POSITIVE Self-Talk

I get better every single day

I am proud of myself

Learn how to start practicing positive self-talk!

May 4th, 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@atlanticcil.org 609-748-2253 ext 1007



Tools for Tough Days

Learn skills to manage tough emotions!

Not Good Meh O.K Good Amazing!

May 11, 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@atlanticcil.org 609-748-2253 ext 1007



Mental Health

May 7th, 2026 @ 6pm
Meeting ID: 840 0283 6340
Passcode: 155686
[Zoom Link](#)

May is Mental Health Awareness Month! Let's check-in with our peers and discuss ways to care for our mental health.

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

THURSDAY

Thursdays at 6pm with Independent Living Specialist Jenny Walker

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



Discussing Autism Awareness

MAY 14TH, 2026 @ 6PM
MEETING ID: 840 0283 6340
PASSCODE: 155686
[ZOOM LINK](#)

Let's discuss how to support inclusion and awareness!

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



REDUCING Mental Health Stigma

A CONVERSATION THAT CHALLENGES COMMON MYTHS AND ENCOURAGES EMPATHY AND OPEN DISCUSSION AROUND MENTAL HEALTH.

MAY 21ST @ 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



Managing Anxiety and Repetitive Worries

A DISCUSSION ON COPING WITH CYCLES OF WORRY, CHECKING, OR OVERTHINKING IN EVERYDAY LIFE.

MAY 28TH @ 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/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/TJULDCORZ8OH9XRYDO3OHTXQJPDNWCVR-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

Atlantic Center for Independent Living, INC



6-7 PM: DEPRESSION SUPPORT GROUP

MEETING ID: 934 5705 3073

[HTTPS://ZOOM.US/MEETING/REGISTER/TJPCU600ZGQHDFBPSPFROLZAEUIOFOAMZMCY](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/TZWODEYPQJORGJOTKARTN_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_HPPOAQOOLQ](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-UTQTSRHNYABPFWUMGO4NVXJHIFKP-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>



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

Atlantic Center for Independent Living, INC

10

Five Guys Fundraiser

Fundraiser



for



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC

WEDNESDAY, MAY 27TH

5-8PM AT FIVE GUYS, ABSECON

**720 WHITE HORSE PIKE, ABSECON
(609) 641-5518**

Place your online, takeout, delivery, or eat-in orders between 5 and 8pm, 10% of your purchase will benefit Atlantic CIL. No flyer necessary to participate.

*Can't make it but
want to donate?*



Thank you for your support!

