

# Transition to Adulthood Program



# Participation Information



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Permit Group 5:00-6:00pm	2	3
4	5	6 YLN 4:45p-5:45p	7	8 Permit Group 5:00-6:00pm	9	10 YLN 12:00p-2:00p
11	12	13 YLN 4:45p-5:45p	14	15 Permit Group 5:00-6:00pm	16	17
18	19	20 YLN 4:45p-5:45p	21	22 Permit Group 5:00-6:00pm	23	24
25	26 Holiday CLW Closed	27 Peer Social Group 4-6pm	28	29 Permit Group 5:00-6:00pm	30	31

Easterseals Youth Leadership  
Network (YLN)  
In-Person Saturday May 10th  
&  
Weekly, Tuesday's 4:45pm-5:45pm  
<https://us02web.zoom.us/j/248116226>

to Join email Patrick Remy  
<PRemy@EASTERSEALSMA.org>

Permit Group (virtual)  
Thursday's 5:00-6:00pm  
Sign up/email for link  
rknipe@centerlw.org

Peer Support Group  
'Managing Stress/Mindfulness'  
Tuesday, May 27<sup>th</sup> 4-6pm  
Kindly RSVP by 5/23  
email: rknipe@centerlw.org  
jmanning@centerlw.org  
msabr@centerlw.org



# WHAT AM I STRUGGLING WITH?

## Practicing Mindfulness

**FREE**



Stress Ball

- Practicing Mindfulness
- Managing Stress
  - Identifying Triggers
  - Recognizing Stress
  - Stress Symptoms
  - Coping Skills
- Understanding types of feelings
- Pro's & Con's /Decision Making
  - Mindfulness Games
  - Interpersonal Skill's Games



**Tuesday May 27th 4-6p**

**18 Chestnut St. Suite 540**

**Worcester, MA**

**RSVP 5/23**

**[rknipe@centerlw.org](mailto:rknipe@centerlw.org)**

**[jmanning@centerlw.org](mailto:jmanning@centerlw.org)**

**[msabr@centerlw.org](mailto:msabr@centerlw.org)**