



SATURDAY KID'S BREAK

Ages: 12-18

Time: 9 am - 4 pm

Location: Natick - 4 Strathmore rd.

Ratio: 1:3

Name: _____

March 3rd - Zumba & Movies

___ Full Day ___ Morning ___ Afternoon

March 10th - Yoga & Kid's Place

___ Full Day ___ Morning ___ Afternoon

March 17th - Kickboxing and NESAs (New England Sports Academy)

___ Full Day ___ Morning ___ Afternoon

March 24th - Zumba & Ryan Family Amusement

___ Full Day ___ Morning ___ Afternoon

April 7th - Yoga & Skyzone

___ Full Day ___ Morning ___ Afternoon

April 28th - Zumba & Sense Ability Gym

___ Full Day ___ Morning ___ Afternoon

May 5th - Yoga & Movies

___ Full Day ___ Morning ___ Afternoon

May 12th - Kickboxing & Skyzone

___ Full Day ___ Morning ___ Afternoon

May 19th - Zumba & Patriot Place

___ Full Day ___ Morning ___ Afternoon

Lunch is required for full day participants. No nuts or seafood.

The cost of this program is funded by DDS for residents of the
Newton South Norfolk or Middlesex West Area

To enroll, please submit this registration to Renee at rscherer@charlesrivercenter.org or to
59 E. Militia Heights Dr. Needham, MA 02492 or fax to (781) 444-5146 no later than

February 17th



Family Support
Recreational & Skill Building Programs
February - May

What's New in Family Support?

- Two new family support Program Coordinators have joined the team!

Janelle Portmann & Carly Ackerley

-We have restructured our Family Support departments into two divisions:
Family Support **Programs** & Family Support **Services**

Enclosed you will find registrations for our programs,
to register please complete and return registrations to Renee Scherer

Mail: 59 East Militia Heights Dr. Needham, MA 02492

Email: rscherer@charlesrivercenter.org

Fax: 781-444-5146

Family Support Program Policies

1. Programs are staffed at 1:4 or 1:3 ratios. (If the program participant requires a 1:1 ratio, please contact the program director to discuss possibilities.)
2. To run each program we need a minimum of 3 participants.
3. There are limited spots for each activity and we may not be able to accept everyone who registers. It is not first come first served basis. We staff according to how many people we expect to attend. Because of this, please register for each program in accordance with the deadline on the registration form. If there are spots open the week before the registration date, we will notify you and open it up to other participants.
4. Payment is due before the program starts.
5. If you have to cancel, please give as much notice as possible. Without notice of cancellation, you will be billed for half of the program cost.

Saturday Community Group

Social lunch and an outing

Time: Saturdays 12pm - 4pm

Ages:18+ Ratio: 1:5

Cost: \$20/day

Location: Leaves from Needham

___ **Feb 10th** - A visit to the Ecotarium

___ **March 3rd** - Bowling at Splitsville Lane:

___ **March 24th** - Ryan Family Amusements:

___ **March 31st** - Museum of Fine Arts

___ **April 7th** - Old State House Museum

___ **April 21st** - Taza Chocolate Tour

___ **April 28th** - New England Wildflower Society Garden in the Woods

___ **May 5th** - Walk around Marina Bay

___ **May 12th** - Dreamland Wax Museum

___ **May 26th** - Wayside Inn Historic Site

Name: _____



Session 1___

February 15th

March 1st

March 8th

March 15th

March 22nd

March 29th

Session 2___

May 3rd

May 10th

May 17th

May 24th

May 31st



Cooking Skills Group

Time: Thursdays 6pm-7:45

Ages: 18+ Ratio: 1:5

Cost: Session 1 \$60, session 2 \$50

**Location: Merritt Center's cafeteria -
Needham**

The focus of this cooking group will be to develop independence around meals; to guide you in kitchen safety, meal preparation, knife, oven & stove use, measuring & portion control, setting tables, cleaning a kitchen, meal planning ahead and most importantly, enjoying our well-deserved dinner together!

To enroll, please submit this registration to Renee at
rscherer@charlesrivercenter.org or to 59 E. Militia Heights Dr. Needham, MA
02492 or fax to (781) 444-5146 no later than **February 3rd**



Keep your eye open for other upcoming Family Support Programs!

Dances: Friday, February 16th & Friday, May 11th

Wings for Autism: April 7th

Check our website in March for details and registration

Vacation Programs: February 20th - 23rd, April 17th - 20th

Family Trainings:

Wednesday, February 7th

6 - 8 pm

Needham location

Communication and Coping During Hospital Visits and Hospitalizations:
Preparing for Success – Presented by Kristin Diezel, MS, CCLS and Michelle
Howard, MS, CCC-SLP from Boston Children's Hospital

Wednesday, March 28th

6 - 7:30 pm

Needham Location

Technology to increase independence of individuals with ASD – Presented
by Amanda O'Brien, MS, CCC-SLP from Boston Children's Hospital

For trainings, RSVP to Kelly Atkins at katkins@charlesrivercenter.org