

Family Support Programs

January, February & March



Kid & Teen Programs

Kids Break

Natick | 9:00 am—4:00 pm | Ratio: 1:3 | Ages: 12-22

Morning (9am-12pm) **FITNESS** (Zumba, Yoga & Adaptive CrossFit) followed by a **FUN** afternoon (12:45pm –4pm) community adventure !

Half or full day option!

February 1st Yoga & Bowling at Ryan's Family Amusements

February 8th Crossfit & TBD

February 29th Zumba & SkyZone

March 7th Yoga & TBD

March 21st Crossfit & Dave + Busters

March 28th Zumba & Central Rock Gym

The cost of this program is funded for residents of the Newton South Norfolk and Middlesex West areas by DDS.

A bagged and ready to eat lunch is required for full-day participants.

No nuts or seafood please!

Sign-up for our ASPIRE Program

An after-school enrichment program in Needham

When? Tuesday– Friday, 3:00pm– 5:30pm

Ages: 12– 22

Cost: 1:3- \$38, 1:1 \$40

Please fill out the registration page and return to:

FamilySupport@charlesrivercenter.org

OR Fax to: (781) 444-5146

Building Friendships Club (BFC)

Sign up for our 6-week social skills program. This curriculum based program is an opportunity for teens to enhance their social and friendship making skills. At the conclusion of the 6 week program, participants will have the opportunity to

Program on HOLD
NOT: Participants will be required to attend all program sessions.

Ages: 13-22. **Cost:** Free

When: Tuesdays 6:15-7:30 pm starting January 7th

HOLD
January 7th, 14th, 21st, 28th

February 4th & 11th

Final Teen Social night (conclusion of program):

February 13th

Teen Night

Offered on Friday evenings once per month, teens will participating in activities designed to help them develop social skills in a public setting. Teens will be encouraged to bring their own money, and will be encouraged to engage with other attendees.

Ages: 13– 22 , **Cost:** \$20

When: Friday (once per month) 6:15pm– 9:00 pm

HOLD

~ January 13th—Natick Mall @ Bee's

~ February 28th—APEX Entertainment Ropes Course

~ March 27th—Scavenger Hunt @ Natick Mall

PLEASE NOTE THAT REGISTERING FOR THE PROGRAM DOES **NOT** GUARANTEE PLACEMENT ON YOUR DESIRED DATES. BE ON THE LOOKOUT FOR A CONFIRMATION EMAIL FROM PROGRAM STAFF WITH YOUR CONFIRMED DATES.

FAMILY SUPPORT KIDS & TEEN PROGRAM REGISTRATION FORM

1. CHECK ALL DATES THAT YOU WOULD LIKE TO ATTEND (in order of preference)
2. RETURN THIS REGISTRATION FORM TO FamilySupport@charlesrivercenter.org
3. PLEASE NOTE THAT REGISTERING FOR THE PROGRAM DOES **NOT** GUARANTEE PLACEMENT ON YOUR DESIRED DATES. BE ON THE LOOKOUT FOR A CONFIRMATION EMAIL FROM PROGRAM STAFF WITH YOUR CONFIRMED DATES.
4. MARK ALL CONFIRMED PROGRAMS INTO YOUR CALENDAR!

Individuals Name: _____

Address: _____ Phone: (____) _____ - _____

Parent(s)/Guardian s): _____

Email Address: _____ Child's Age: _____

D.O.B. _____ Primary/Secondary Disability: _____



Please number each program in order of preference 1 being the highest!

Please check here if you have *not* completed a program intake

Kid's Break

Ages: 12-22

February 1st AM ___ PM ___

February 8th AM ___ PM ___

February 29th AM ___ PM ___

March 7th AM ___ PM ___

March 21st AM ___ PM ___

March 28th AM ___ PM ___

All programs require an intake interview. If you are newly interested in Family Support programs, please contact a program coordinator to schedule one.

Laura Caligiuri

Program Director

LCaligiuri@charlesrivercenter.org

(781) 972- 1079

Teen Night

Ages 13-22

Program on

January 31st _____

February 8th _____

HOLD

March 27th _____

Building Friendships Club

(BFC)

Ages 13-22

Program on

January 7th, 14th, 21st & 28th _____

February 10th, 17th _____

HOLD

Final Teen Night Social:

Thursday February 13th _____