



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

JUNE NEWSLETTER 2026 • VOL. 6



Photo: A starfish rests on a sandy beach with a gentle wave breaking in the background.

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## From our ACIL family to yours...

Hello June! As we welcome warmer days, ACIL is excited to share what's happening this month and what's ahead for our community. Thank you to everyone who donated, participated, and supported our successful Five Guys fundraiser last month. We truly appreciate you!

# 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.



**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

**HERizon**  
A WOMEN'S GROUP BY MOCEANS CIL

**June HERizon Meeting**

**SESSION TOPIC: Emergency Preparedness & Register Ready**

Join our June HERizon session with **Kelly Boyd** Access & Functional Needs Planner from the Preparedness Bureau/Emergency Management Section NJ Office of Emergency Management.

**DATE: JUNE 10TH**  
**TIME: 3:00-4:00PM**  
**ZOOM ID: 878 6054 0838**

**REGISTER NOW**

Scan the QR code to RSVP!

**SPEAKER: KELLY BOYD**

## NFB South Jersey Shore Chapter



10:00am – 12:00pm  
Next Meeting: June 20<sup>th</sup>

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: CIL advocates unite at the NJ State House to rally to restore CIL Funding

New Jersey's Centers for Independent Living (CILs) are facing a serious and ongoing challenge. For the second year in a row, CILs are confronting proposed budget cuts, with the FY2027 state budget reducing their funding by half. These cuts threaten the programs that so many people with disabilities rely on to live independently. CILs are not just service providers; they are lifelines. From helping someone find accessible housing to offering job support, or simply being a place where people feel seen and heard, CILs make a real difference every day. Losing this funding would mean losing trusted staff, vital programs, and support systems that many New Jerseyans cannot do without.

In response to this potential loss, CIL employees, the people they serve, and disability advocates are speaking out. At the recent CIL Rally in Trenton, they shared their stories and urged lawmakers to restore full funding in the final state budget. Facing a second consecutive year of cuts makes the impact even more concerning. These are not just budget numbers; they represent real lives, real needs, and real community. The message is clear: now is the time for our leaders to listen and act to protect the rights and dignity of people living with disabilities across New Jersey.

# CROPS Summer Fridays Program





Photos: CROPS Summer Fridays attendees.

 **FREE** roundtrip  **jitney service** for

## Fisherman's Park in Atlantic City

**Fridays: June 5th - September 18th, 2026**

 **shop at the Farmers Market** - purchase fresh fruits, vegetables, and herbs with SNAP/EBT, WIC & senior summer produce vouchers, cash, and card

 **enjoy the Community Garden** - we harvest **free** vegetables & herbs; **free** activities

**Exceptions**  
 \* June 5<sup>th</sup> & 12<sup>th</sup> - jitney & garden activities, but **no Farmers Market**  
 \* July 3<sup>rd</sup> - **no jitney, no Farmers Market, no garden activities**

**Jitney departure locations and schedule**  
 (up to 12 passengers - first come, first served)

**Jitney A**

- Community Haven @3:45pm**  
35 Virginia Ave, Atlantic City
- Baltic Plaza @4:15pm**  
1313 Baltic Ave, Atlantic City
- Atlantic City Townhouse @4:25pm**  
1330 Mediterranean Ave, Atlantic City

**Jitney B**

- Jeffries Tower @3:45pm**  
227 N Vermont Ave, Atlantic City (main lobby entrance)
- Pleasantville Towers @4:15pm**  
156 N. Main St, Pleasantville

*\*subject to change if necessary*

Service provided by

 www.cropsnj.org  
 CROPS Nonprofit  
 @cropsnonprofit  
 info@cropsnj.org

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 www.atlanticil.org  
 Atlantic Center for Independent Living  
 @atlanticil



Every 1st  
Wednesday  
2 PM

## PEER-TO-PEER

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@atlanticil.org](mailto:aastillero@atlanticil.org)



**NEW!**

## 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](mailto: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=McU3UFciKbQjlltuB1kk9yLjCRufQp.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 | 1<sup>st</sup> 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/84002836340?pwd=bc1DUppeQKS5Q7CFMhsNqGbc28bS9x.1>

Call In: 1-646-558-8656 | Meeting ID #: 840 0283 6340 | Passcode: 155686

## 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 Tadriss, Tuesdays & Thursdays at 5:15pm

Contact Jen at [jburke@atlanticcil.org](mailto: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.

# JUNE

## Activities & Support Groups

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

Click on each group/activity title for active zoom link.

Contact us for more information at [jburke@atlanticcil.org](mailto: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.

**Managing Transitions and Schedule Changes**

Summer often brings changes to school or work schedules. Learn how flexibility, planning, and coping skills can help!

June 1st, 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



## MONDAY

Mondays at 1pm with Independent Living Specialist **Jamie Burke**

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

**Balancing Independence and Support**

Join this discussion on building self-advocacy skills, making your own choices and the importance of support networks.

June 22nd, 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



**Budgeting and Financial Planning**

Financial literacy is a key life skill for everyone. Join us to learn how to manage your finances, create a budget, and save for future goals!

June 8th, 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**

There are many helpful ways to manage tough emotions and challenging days. Let's talk about self-care and coping tools that can support us through difficult moments.

June 15th, 2026 | 1:00 pm  
Zoom Meeting ID #: 830 0758 5374  
Passcode: 248110 | [Zoom Link](#)

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**Reflect, Reset, and Refocus**

Let's review the first half of the year, identify successes and challenges, and learn how to set realistic goals for the months ahead.

June 29th, 2026 | 1:00 pm  
Zoom Meeting ID #: 830 0758 5374  
Passcode: 248110 | [Zoom Link](#)

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**WHAT'S UP?**  
Mental Health Check-In  
Let's talk, vent, and de-stress!

JUNE 4TH @ 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



## THURSDAY

Thursdays at 6pm with Independent Living Specialist **Jenny Walker**


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

**Recognize Injustice**  
Find your voice. Take a stand.

Discrimination takes many forms—racism, bias, exclusion.  
Find courage to:  
Identify hidden discrimination  
Speak up when you witness injustice  
Support those facing oppression

June 18th @ 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



**Celebrate Diversity**  
June is Pride Month!  
(Every identity deserves to be seen and valued)

June 11th @ 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




**SUMMER HEALTH tips**

June 25th @ 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-01VP4GHGIV1BF0](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-01VP4GHGIV1BF0](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](http://WWW.MHAAC.INFO/UBW)



[UNITEDBYWELLNESS@MHANJ.ORG](mailto: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/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/TZWODEYPQJ0RGTI0TKARTN\\_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/JRVLDATOCW\\_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\\_HPPOAQQOOLQ](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](http://WWW.MHAAC.INFO/UBW)



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