



Photo: Apple tree on a sunny day.

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From our ACIL family to yours...

Hello September! A new month is before us and as we transition into fall we encourage you to join us in a support group or activity. We are always here to help so please let us know if we can assist you with your independent living goals. Be sure to follow us on social media to stay up to date on our activities and other community news and events.

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



ART THERAPY group

Join our **FREE** art therapy group for ages 18-35 that will run for 8 weeks on Wednesdays from 10am-12pm starting September 25th. Group located in Mindfully Active's art studio in Galloway. Must sign up through Mindfully Active, QR code below.

EXPLORING ANXIETY THROUGH ART JOURNALING



Learn to construct your own art journal then use its pages and our array of art materials to understand, process and creatively express your journey through anxiety. Each week will be led by our licensed art therapist where we will explore feelings, learn coping strategies and visually represent your experiences.

DATES 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13	DURATION 2 hours per session
DAY/TIME Wednesdays 10am-12pm	LOCATION Mindfully Active Studio 329 E. Jimmie Leeds Rd., Ste 206 Galloway, NJ 08205




SIGN UP


MINDFULLY ACTIVE
admin@mindfullyactivenj.com
329 E. Jimmie Leeds Rd., 206
Galloway, NJ 08205

Co-sponsored with Atlantic Center for Independent Living supporting equal access to all. For accommodations, please contact: Mindfully Active (609) 365-0778

"Book Club for Adults With Disabilities" Read The Day the World Came to Town By: Jim DeFede



September 30th, Monday
AT 7:30PM- 9:00 PM




Virtual on Google Meets

Let Reading be Your Escape

FREE EVENT
Lead by a self-advocate

Have a snack that relates to book and do something creative that relates to book; examples: Poem, Craft, Drawing, etc.

If you want to join us email
booksarecool1985@gmail.com




Adventures Without Barriers

with the Pinelands Preservation Alliance

Did you know Pinelands Adventures hosts inclusive and accessible family-friendly nature experiences? Details on their upcoming Adventures without Barriers can be found at their website, www.pinelandsadventures.org.

In addition to detailed information about accessibility for each location, Pinelands Adventures has several all-terrain wheelchairs available for use by request both electric and manual types. If you would like to use one of their wheelchairs to take part in an event email Sean Kane-Holland, Access Nature Disability Advocate at sean@pinelandsalliance.org or call 609-859-8860 ext 117.



NFB South Jersey Shore Chapter

10:00 am – 12:00 pm
Next Meeting: September 21st

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: CHLP Logo

Community Health Law Project's mission is to provide legal and advocacy services, training, education, and related activities to persons with disabilities and chronic health conditions and, in certain issues, to organizations representing their interests, with an emphasis on those most vulnerable and needy. Founded in 1976, the Community Health Law Project (CHLP) is a statewide not-for-profit advocacy and legal service organization which provides legal representation and advocacy services to low-income individuals with disabilities and the frail elderly.

CHLP works under specific grants to assist residents throughout the state. Their South Jersey satellite office is located inside ACIL's office on Pitney Road in Galloway by appointment only. If you or someone you know living with a disability is in need of legal assistance, you can call CHLP at [973-275-1175](tel:973-275-1175) or visit their website at <https://www.chlp.org/> for information and eligibility requirements. The first step to inquiring is to do an over the phone intake so CHLP can assess if they can take your case and what grant program they may be able to work under. Rachel Ianieri, Attorney at CHLP, explained, "Everyone has different needs so we really try to understand the big picture of what is going on and connect individuals with resources whether we can take their case or not."

ACIL's most listened to podcast episode to date features, CHLP's Attorneys, Rachael Ianieri and Samantha DiTroia who discussed the challenges that people with disabilities face in finding housing and tenant rights in New Jersey.

You can listen to this episode on any podcast service provider or on YouTube at:

<https://www.youtube.com/watch?v=-q-IX2pJa4Y>



Actor Colin Farrell Launches New Foundation

Colin Farrell recently spoke with *People* about his 20-year-old son, James, who lives with Angelman Syndrome.

Angelman Syndrome is a rare neurogenetic disorder that often requires lifelong care. Farrell stressed that many people with disabilities age out of the programs set up to support them at age 21. James turns 21 this September.



Photo: Colin Farrell with his son, James, who has Angelman Syndrome.
Credit: Colin Farrell, People (Yahoo Entertainment)

Young adults with disabilities are often left with a gap in resources. Farrell said, “All the safeguards that are put in place, special ed classes, that all goes away, so you’re left with a young adult who should be an integrated part of our modern society and more often than not is left behind.”

To help bridge this gap, Farrell has launched the Colin Farrell Foundation to help children and young adults prepare for greater independence.

“The Colin Farrell Foundation is committed to transforming the lives of individuals and families living with intellectual disability through education, awareness, advocacy, and innovative programs.”

The Foundation will advocate for increased funding and policy changes to Medicaid and Home and Community Based Services (HCBS) programs. This will aim to streamline eligibility and to ensure access to these much-needed services.

The Colin Farrell Foundation also plans to break ground on its Camp Solas initiative in 2027. “Solas is the Irish word for ‘light.’ Camp Solas intends to bring light into the lives of individuals and families living with intellectual disability.”

To learn more about the Colin Farrell Foundation please visit <https://colinfarrellfoundation.org/>

Source: Yahoo



Inclusive Healthy Communities

CIVIC ENGAGEMENT INITIATIVE

Civic engagement is an essential aspect of democracy that encourages individuals to take part in public life and actively contribute to society.

Imagine the impact we can all make by becoming more civically involved in our community.

All workshops are available virtually



Receive the zoom link for our workshops by joining United by Wellness at: <https://www.mhaac.info/ubw-how-to-join.html>



QR Code

Register for one of 24 Civic Action and Engagement workshops designed to offer building blocks for successful civic engagement.

Closed Captioning will be available during this meeting. For any other meeting accommodations contact Ana Then at: athen@atlanticcil.org two weeks prior to each workshop.



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.



Mental Health Association
in Atlantic County

Inclusive Healthy Communities
NJ Division of Disability Services



The Atlantic Center for Independent Living and The Mental Health Association in Atlantic County support equal access for all. This initiative was funded by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.

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

Sketchbook Club | Monday | 1pm | Zoom (Moving to 3:30pm on 9/16)
<https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09>
Call In: 1-309-205-3325 | Meeting ID 838 5439 1536

Life Skills Activities | Monday | 2pm | Zoom
<https://us02web.zoom.us/j/83007585374?pwd=McU3UFciKbQjIltuB1kk9yLjCRufQp.1>
Call In: 1-346-248-7799 | Meeting ID: 830 0758 5374 | Passcode: 248110

Socialization and Wellbeing Group | Tuesday | 2pm | Zoom
<https://us02web.zoom.us/j/88558466172>
Call In: 1-301-715-8592 | Meeting ID 885 5846 6172

Chronic Pain & Illness Support Group | Wednesday | 2pm | Zoom
<https://us02web.zoom.us/j/85449180096>
Call In: 1-301-715-8592 | Meeting ID 854 4918 0096

Health Connection Call | 2nd and 4th Wednesdays | 5:30pm | Zoom
<https://us02web.zoom.us/j/87297450944>
Call In: 1-646-876-9923 | Meeting ID: 872 9745 0944

Life Skills Activities | Thursday | 6pm | Zoom
<https://us02web.zoom.us/j/85063153999?pwd=NmJXd1ZUUhHpUkxneExISEJQWk8xQT09>
Call In: 1-646-931-3860 | Meeting ID 850 6315 3999 | Passcode 154100

Socialization and Wellbeing Group | Friday | 1pm | Zoom
<https://us02web.zoom.us/j/88558466172>
Call In: 1-301-715-8592 | Meeting ID 885 5846 6172

Additional Atlantic CIL Collaboration Activity Contacts

United by Wellness virtual support groups with MHA
Visit: <http://www.mhaac.info/ubw.html>

In-Person Art and Yoga Classes at Your CBD Store, Absecon
709 White Horse Pike, Absecon, NJ 08201
Contact April Elias at (609)277-7792

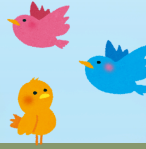
Community Walks with Coach Tadris, Tuesdays and Thursdays at 5:15pm
Contact Jennifer at jburke@atlanticcil.org, (609)748-2253 ext.4 for location details.

Express Yourself, coloring group, with NAMI ACM, 3rd Mondays | 6pm | Zoom
<https://us02web.zoom.us/j/82720309410?pwd=RzFWL2QyQjhkeFVBNEhFcjVZMlrdz09>
Meeting ID: 827 2030 9410 Passcode: 238035, Contact Amanda at namiacm.am@gmail.com for more info.

Art Classes with the Noyes Museum of Art
Ongoing programming Co-sponsored by Atlantic CIL
Visit <https://noyesmuseum.org/> for details.



Monthly Calendar



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	HAPPY LABOR DAY	<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u>	Chair Yoga 10am <u>Life Skills 6pm</u> Walk & Talk 5:15pm	6	7
8	<u>Sketchbook Club 1pm</u> <u>Life Skills 2pm</u> Art 6-8pm	<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u> <u>Health Call 5:30pm</u>	Chair Yoga 10am <u>Life Skills 6pm</u> Walk & Talk 5:15pm	12	14
15	<u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u> Art 6-8pm <u>NAMI Coloring 6pm</u>	<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u> <u>Connect The Dots 6:30pm</u>	Chair Yoga 10am <u>Life Skills 6pm</u> Walk & Talk 5:15pm	19	21
22	<u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u> Art 6-8pm	<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u> <u>Health Call 5:30pm</u>	Chair Yoga 10am <u>Life Skills 6pm</u> Walk & Talk 5:15pm	26	28
29	<u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>					
30						Back to School



Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4

Community Walks
With Coach Tadriz & Friends
Tuesdays and Thursday at 5:15pm
Call (609)748-2253 Ext. 4
or email jburke@atlanticcil.org
For More Details.

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

Health Connection Call
with Coach Tadriz and Friends
2nd and 4th Wednesdays at 5:30pm

Zoom Link
Meeting ID: 872 9745 0944

Coach Tadriz Parker has been helping people in our community live healthier lives since 2013. Join in as he discusses topics such as goal setting, healthy eating, healthy living, accountability, workout tips, weight management tips, and how to develop a positive mindset.

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

Connecting the Dots to Independence

Learn how to prepare yourself or loved one to live as independently as possible. Start to take the steps to transition into adulthood successfully.

This group is guided by Debra Freed of Adult Independent Services who has first hand knowledge and experience transitioning her daughter, Lindsey, into adulthood.

For more information contact Debra Freed at (954)541-7765 or email adultindependentservices@outlook.com

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

Thank you!
April

Art and Yoga with April Will Wind Down this Month



Over the last few years Atlantic CIL has sponsored Art and Yoga classes with Artist and Yoga Instructor, April Elias. Her store, Your CBD Store, is set to close at the end of September. We would like to thank April for her creative inspiration and dedication to our consumers and community members who attended her classes and workshops.

We wish April all the best on her next adventure and hope to collaborate again in the future!

Be sure to catch one of her remaining classes through September 26th.

Weekly Life Skills Activities

Join us for Life Skills every Monday and Thursday! New topics are presented each week to to assist you in gaining the skills necessary to live independently in your community.

MONDAY

Mondays at 2pm with Independent Living Specialist, Jamie Burke

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



**FINDING YOUR VOICE:
SELF-ADVOCACY**
for School, Work and Life!

September 9, 2024 | 2:00 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



JOB INTERVIEW TIPS

Learn how to prepare and make a good first impression on a job interview!

September 16, 2024 | 2:00 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




DAILY EXERCISE!

Learn about the importance of a daily exercise routine to enhance physical and mental health!

September 23, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

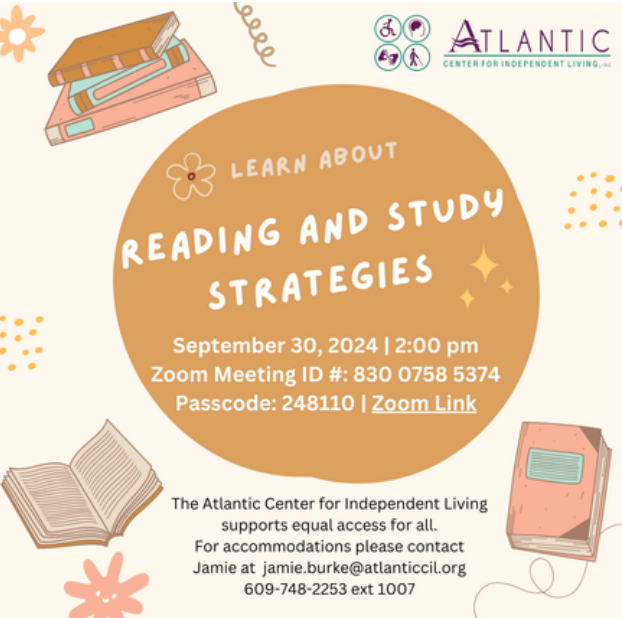
The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticcil.org | 609-748-2253 ext 1007



LEARN ABOUT
READING AND STUDY STRATEGIES

September 30, 2024 | 2:00 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



THURSDAY

Thursdays at 6pm with Independent Living Specialist, Jenny Walker

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



ARE YOU PAYING ATTENTION?

September 05, 2024 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
[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



Be KIND
To Yourself

SEPTEMBER 12, 2024 @ 6PM
MEETING ID: 850 6315 3999
PASSCODE: 154100
[ZOOM LINK](#)

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [JWALKER@ATLANTICCIL.ORG](mailto:jwalker@atlanticcil.org) OR (609)748-2253 EXT #3



CATCH IT, CHALLENGE IT CHANGE IT!

SEPTEMBER 19, 2024 @ 6PM
MEETING ID: 850 6315 3999
PASSCODE: 154100
[ZOOM LINK](#)

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [JWALKER@ATLANTICCIL.ORG](mailto:jwalker@atlanticcil.org) OR (609)748-2253 EXT #3



September 26, 2024 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
[Zoom Link](#)

HOW DOES YOUR ENVIRONMENT MAKE YOU FEEL

happy, sad, excited, safe

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [JWALKER@ATLANTICCIL.ORG](mailto:jwalker@atlanticcil.org) OR (609)748-2253 EXT #3



Happy Back to School!

Collaboration Activities

Atlantic Center for Independent Living is excited to announce a partnership with the Noyes Museum of Art of Stockton University to co-sponsor accessible art classes throughout Atlantic County. In collaboration with many community partners, these classes will provide creative experiences for all abilities. Please follow the Noyes Museum on social media and visit their website for details as classes roll out and are open for registration.



Noyes
Museum of Art
STOCKTON UNIVERSITY

www.noyesmuseum.org

THE NOYES ARTS GARAGE OF STOCKTON UNIVERSITY

satARTdays

FREE KIDS' ART CLASSES

EVERY SATURDAY
12:00 - 1:00 PM
SEPTEMBER 21 - OCTOBER 26
2200 FAIRMOUNT AVE,
ATLANTIC CITY, NJ 08401

REGISTER AT:
ARTSGARAGEAC.EVENTBRITE.COM
(609) 626-3805
ARTSGARAGEAC.COM

CO-SPONSORED WITH ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTING EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS, CONTACT MICHAEL CAGNO, MCAGNO@NOYESMUSEUM.ORG, 609-626-3420

ACCESS to ART



Photos: "Access to Art" collage workshop with PILOT Services, taught by artist Christina Trice and classic still-life workshop with the Arc of Atlantic County. This workshop was taught by artist Amanda Auble.

Collaboration Activities



12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMODYOYQOTGVGTSW_LUNGCBYEY582MB6VZKL](https://zoom.us/join/97535873500)

LEARN NEW COPING SKILLS TO HELP DEVELOP RESILIENCY AND WAYS TO PROCESS STRESS. TYPES OF ACTIVITIES VARY FROM WRITING, ART, POETRY, AND MUSIC.

8PM–9PM MONDAYS: KEEPING OUR COMMITMENTS

MEETING ID: 918 0901 4251 [HTTPS://ZOOM.US/MEETING/REGISTER/TJULDCORZ80H9XRYD030HTXQJQPDNWCVR-T](https://zoom.us/join/91809014251)

OPEN SHARE/TOPIC FOCUSED GROUP – CONSUMERS WILL EXPLORE WAYS TO KEEP COMMITMENTS TO OTHERS BY EXPLORING WHAT MENTAL AND PHYSICAL ISSUES THAT THEY MIGHT BE EXPERIENCING AND HOW TO FACE THEM.

2PM–3PM WEDNESDAYS: BETTER TOGETHER

MEETING ID: 875 6132 4882 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZMOCEIRRD8IETAPS00DD-01VP4GHGIVIBFO](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!

4PM–5 PM THURSDAYS: YOU HAVE THE FLOOR

MEETING ID: 948 2568 3415 [HTTPS://ZOOM.US/MEETING/REGISTER/TJALDEYUPJGUG9FAWK7JM7HBNSYXHEZ3RROZ](https://zoom.us/join/94825683415)

ALLOW PEOPLE TO BE SEEN AND HEARD BY GIVING THEM THE FLOOR SO TO SPEAK TO TALK FOR UP TO FIVE MINUTES. MAY ALSO INCLUDE, FROM TIME TO TIME, TOPICS ON BETTER COMMUNICATION SKILLS.

2PM–3PM SATURDAYS: COLOR ME HEALTHY

MEETING ID: 963 4262 7503 [HTTPS://ZOOM.US/MEETING/REGISTER/TJLUC-UURDWVGTEKARAOZU3IYUT8TLIL3U6](https://zoom.us/join/96342627503)

ACTIVITY GROUP – GRAB YOUR COLORING BOOK & ART SUPPLIES OF CHOICE AND COLOR WITH US DURING THIS RELAXING, CREATIVE HOUR! CONVERSATION IS KEPT LIGHT AND FOCUSED ON UPLIFTING TOPICS.

10AM–11AM SUNDAYS: CHRONIC PAIN SUPPORT GROUP

MEETING ID: 891 6452 0279 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZOSCE2TRDSOHDZCUHEEDTNYHPP0AQ00LQ](https://us06web.zoom.us/join/89164520279)

OPEN SHARE/TOPIC FOCUSED GROUP – THIS IS A SAFE SPACE FOR INDIVIDUALS WITH COMMON EXPERIENCES, FEELINGS & STRUGGLES OF LIVING WITH CHRONIC PAIN. SHARING AND DISCUSSING COMMON WORRIES... WHILE LISTENING, LEARNING, AND SUPPORT ONE ANOTHER.

7:30–8:15PM SUNDAYS: MEDITATION

MEETING ID: 927 8257 0162 [HTTPS://ZOOM.US/MEETING/REGISTER/TJYQF-UTQTSRHNABPFWUMGQ4NVXJHIFKP-X](https://zoom.us/join/92782570162)

END YOUR WEEKEND/ START YOUR WEEK OFF PEACEFULLY WITH OUR MEDITATION HOUR.

8–9 PM REDISCOVERING YOU THROUGH VITAL WELLNESS (2ND AND 4TH SUNDAY)

MEETING ID: 895 1210 9665 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZ00DUUPRJSHINGSWWTJEDOSX88_DY88M04E](https://us06web.zoom.us/join/89512109665)

TOPIC-FOCUSED/ACTIVITY-BASED – A SOCIALLY OPEN GROUP IN WHICH WE DISCUSS COPING SKILLS FOR TODAY'S STRUGGLES AND TOMORROW'S SUCCESS. JOIN US TO BE A PART OF AN ACCEPTING CONVERSATION OR ACTIVITY.



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800