



YOUTH SUMMER WORKSHOPS

Want to learn skills to live independently in the community? Attend our workshops and community days!

Workshops

Participate in hands-on lessons and activities to learn about:

- How to get a job
- Money skills
- College & trade school
- Housing & apartment living
- Disability identity
- Self-advocacy
- And much more!



Community Days

Meet up at the BCIL office & travel into the community together to explore:

- Boston City Hall
- A grocery store
- MA State House
- The Museum of Science
- The MBTA Mobility Center
- An assistive technology demo

Register here:



JULY 8 - AUGUST 22 2024

HYBRID: IN-PERSON AND VIRTUAL OPTIONS

STUDENTS 14-22 WITH ALL DISABILITIES WELCOME

For more information contact ewalters@bostoncil.org
or visit our website at bostoncil.org/youth-services

July 2024

Monday	Tuesday	Wednesday	Thursday
Latinx x Disability Identity (English & Spanish) 8 10 - 11:30 AM	Queer x Disability Identity 9 1 - 2:30 PM	BIPOC x Disability Identity 10 10 - 11:30 AM	Community Day: Visit Boston City Hall 11 10 AM - 1 PM
Introduction to Budgeting 15 10 - 11:30 AM	How to go Grocery Shopping 16 1 - 2:30 PM	Community Day: Visit Roche Bros Grocery Store 17 10 AM - 1 PM	Basic Cooking Skills 18 10 - 11:30 AM
Understanding your IEP 22 10 - 11:30 AM	Exploring Options After High School 23 1 - 2:30 PM	Community Day: Visit a College Campus 24 10 AM - 1 PM	Planning for College 25 10 - 11:30 AM
Making a Career Plan 29 10 - 11:30 AM	Creating a Resume 30 1 - 2:30 PM	Community Day: Visit the State House 31 10 AM - 1 PM	

Times:

10 - 11:30 AM

1 - 2:30 PM

10 AM - 1 PM

All BCIL's Youth summer programs are **FREE**.

ALL workshops are **hybrid** with in person and virtual options, **except on Community Days**.

Students are welcome to join all groups or pick and choose which they would like to attend!

Eligibility:
Ages 14-22 with a documented disability. Must attend high school or a post-secondary program.

Register here:



August 2024

Monday	Tuesday	Wednesday	Thursday
			Overcoming Workplace Worries 1 10 - 11:30 AM
How to Apply for Jobs 5 10 - 11:30 AM	Staying Organized 6 1 - 2:30 PM	Community Day: Visit the Museum of Science 7 10 AM - 1 PM	Interview Skills 8 10 - 11:30 AM
Self-Advocacy & Care 12 10 - 11:30 AM	Disability Disclosure & Accommodations 13 1 - 2:30 PM	Community Day: Visit Easterseals Assistive Tech Demo 14 10 AM - 1 PM	Disability Advocacy 15 10 - 11:30 AM
Banking 101 19 10 - 11:30 AM	Housing Options 20 1 - 2:30 PM	Managing an Apartment 21 10 - 11:30 AM	Community Day: Visit the MBTA Mobility Center 22 10 AM - 1 PM



Boston PEERS®

Social Skills Program, LLC

Supporting teens/young adults who:

want to make friends, but have trouble connecting with others

feel awkward or anxious and are struggling with social interactions

are motivated to improve their social skills to make and keep friends!



PEERS® is for Teens (ages 12 – 17) and young adults (ages 18-25) who have:

Social pragmatic communication challenges

Autism Spectrum Disorder (ASD)

Attention Deficit Hyperactivity Disorder (ADHD)

Social anxiety or behavioral challenges

Parents/caregivers are required to attend a weekly Zoom session.

Participants learn to:

- *initiate, maintain, and exit conversations on a variety of topics*
 - *choose appropriate peers for friendships*
 - *schedule and host successful gatherings*
- *navigate and appropriately use electronic communication*
 - *manage conflicts and resolve disagreements*
- *handle bullying, teasing, and rejection and more*
 - *-dating for young adults!*

NOW ENROLLING!
www.bostonpeers.com





Massachusetts Advocates Standing Strong (MASS) is a statewide 501(c)3 non-profit advocacy organization that empowers people with disabilities, particularly people with intellectual and/or developmental disabilities, to speak up for their rights. The organization empowers people through education to advocate and make choices that improve and enrich their lives. The MASS Board is made up of people with disabilities that lead the organization to ensure there is 'Nothing About Us Without Us'!

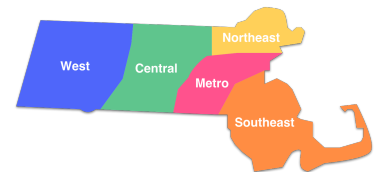
MASS believes that:

1. Everyone has the same rights.
2. Rights and responsibilities go together.
3. Everyone should be treated equally.
4. People should have the same opportunities to make their own decisions and choices.
5. People should have the support they need.
6. Everyone is important.
7. People should speak out for themselves and each other.
8. People should stand by each other to make things better in their lives.



MASS Programs/Activities Include:

- **Regional self-advocacy groups** meet to discuss issues important to them, such as: how to speak up, advocate for themselves, and take action on issues affecting their lives and community. MASS works across 5 Regions: Metro, Southeast, Central, Northeast, and West <https://www.wearemass.org/all-regions>
- **Trainings** such as the [Self-Advocacy Leadership Series \(SALS\)](#), Voting (mail in and in-person), Awareness & Action (A&A - about abuse), Service Coordinator Institute, Health Self-Advocacy, Supported Decision-Making (SDM), and more!
- **Rainbow Groups** and related programs for self-advocates with intellectual and/or developmental disabilities who identify as LGBTQ+.
- **Community Action** such as advocating for [SDM](#), meeting at the State House, and calling legislators to educate them on issues important to the disability community.
- **The Annual "Your Ideas Count" Self-Advocacy Conference:** www.wearemass.org/annual-conference



At MASS, we help people learn how to advocate for themselves, both with and without support.

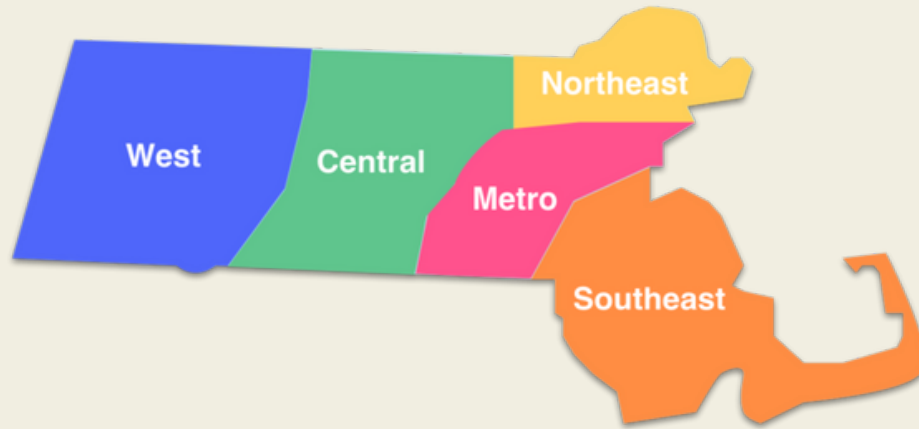
For the most current event information please go to www.wearemass.org/events. We welcome people with disabilities interested in self-advocacy to join our monthly meetings. We look forward to collaborating with you!

You can contact us through our website by going to www.wearemass.org/contact or you can email us at info@wearemass.org or call 857-360-0134.

If you would like to subscribe to our email and newsletter please sign up by going to this link: <https://www.wearemass.org/subscribe>

Statewide

DROP IN



Statewide Drop-in meetings will be open to **self-advocates from all the Massachusetts Regions and Massachusetts Rainbow groups**. This is an opportunity for self-advocates to work together across regions, have fun, and support one another.

When?

The Second Thursday of each month on
zoom 5:30 PM to 7:00 PM

The Fourth Wednesday of each month on
zoom 4:30 PM to 6:00 PM

wearemass.org

MEET OUR METRO OFFICERS



Matthew Bander

Chairperson

I advocate to help MASS advocate for us, to help advocate at the State House, to help my friends advocate if they would not be able to advocate.



Will Fahey

Secretary

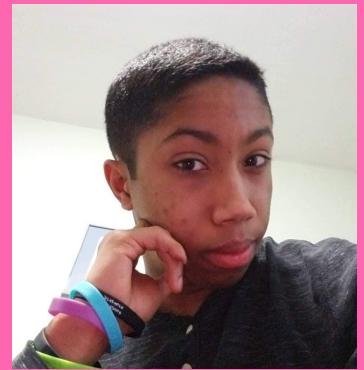
I advocate to let people know what I want them to know what I have been up to and helping by leading a voice to help people who have disabilities.



Katherine Sally

Treasurer

I advocate because I would like to stand up for their rights and also I would like to advocate for the people who have been through a tough situation at worksites.



Adner Martinez

Sergeant at Arms

I advocate to support others and to help other people in need.

WEAREMASS.ORG



Massachusetts Advocates Standing Strong



My Ombudsman

Need help with your MassHealth benefits? We're here for you.

What My Ombudsman Does

We help you when you need assistance getting a covered service or benefit from MassHealth.

How My Ombudsman Works



Information: We answer questions about your MassHealth benefits and explain your rights and responsibilities as a MassHealth member.



Solutions: We help explain denial letters, address problems accessing your health coverage, and more.



Communication: We talk with you, your health care providers, and your MassHealth plan so that everyone understands what you need.

How to Contact Us

Helpline: 855-781-9898

(English, Spanish, Haitian Creole, Mandarin, and other languages)

Videophone: 339-224-6831 (For Deaf and Hard of Hearing)



info@myombudsman.org



myombudsman.org

Monday through Friday 9am to 4pm