

Central Region

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Happy June from the Central Region!
Central had a busy month in May, and we look forward to a busy June too!

May was Mental Health Awareness month.



At our May Regional Meetings, we talked about people who are there for us if we need someone. We also talked about checking in with people and asking a friend how they are doing. Our

The Central Chill and Chat group theme in May was “Birthdays”! Sammy planned some mad libs and games, and we watched some fun videos and had a good chat with friends! Some of us also joined in the statewide Drop-in clubs, and we had a great time playing jeopardy and

spinning the wheel with conversation starters! We talked about kindness and self-care ideas, in honor of Mental Health Awareness month, and listened to some “feel good” music about being there for a friend!

At Central regional meetings, Justin kept us up to date on all of the legislative issues and events happening in May. Jillian is working hard to advocate for better transportation in North Central! Some Central self-advocates are continuing to make keychains and framed art for fundraising. We also continue to advocate for transportation in other parts of the Central Region, SDM, human rights, self-advocates taking leadership, and more! We are looking forward to our annual Art in the Park on June 11th, our annual cookout on August 13th, and a meet up at Valley Cast concert series this summer! Check out the calendar on our website and feel free to join us at one of our meetings! Have a great month of June!



