

Central Region

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Happy October! The chillier and colorful days of Fall are here! In September we gave a shout out to self-care month! Sammy planned and led our “Chill and Chat with Coffee”. We had a lot of fun with a wheel of self-care ideas, jeopardy, and other fun games! Join us on October 1st for another coffee chat with fun and friends!

We were also busy in September when people testified about the SDM bill. Great job, Beth! Thank you Justin,Jillian, and others for your written testimony!

October is Bullying Prevention and Awareness Month!





We will continue our advocacy this month, as we prepare for a busy couple of months ahead.
Join us on Thursday, October 23rd from 1:30-3PM for more advocacy at the Massachusetts State House. We plan to meet with legislators and others to talk about issues that are important to us. For more information please reach out to info@wearemass.org or phone number 857-360-0134.

Our annual self-advocacy conference is coming fast, on Saturday, November 22nd! This year our conference theme is your **IDEAS** Count: **I**nclusion, **D**ecisions, **E**ducation, **A**ccessibility, and **S**elf-Advocacy! Our new conference location will be the Sheraton in Norwood, MA. **Early bird registration closes on Oct 9th, and regular**



registration closes on Nov 10th!

https://www.eventbrite.com/e/2025-mass-self-advocacy-conference-tickets-1562940048759?aff=oddtdtcreator. If there is someone you'd like to nominate for an award, please go to our website https://www.wearemass.org/awards or contact Sue at sue@wearemass.org or 508-209-7184.

Our meetings in October will be on the 14th from 5-7PM and the 28th from 3:30-5:30PM. Hope to see you there!

Join Zoom Meeting
https://us02web.zoom.us/j/8895343142

Meeting ID: 889 534 3142





That's our Central Update. Happy October from Central!