

Central Region

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Happy September from Central Region!



This month is Self-Care September! Remember to do something nice for yourself!



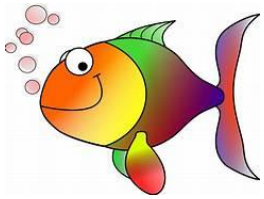
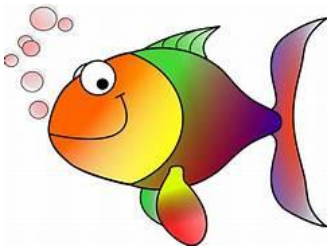
Central was busy enjoying the month of August, and after we got rained out of our first regional cookout, we had a great night for the second one! We celebrated all of the birthdays! Our Drop In Club in August was a blast! The theme was health and wellness and minion madness!



We had a lot of laughs, and we played some games too!
Jillian planned to do a MASS table at “National Night Out”, but we got rained out! We finished off the month of August with a meet-up and MASS table (thank you Beth!) at Open Sky ‘s riverfront plaza for the Valleycast concert series. We love to share what we do at MASS!
We are still having fun and spreading the word about advocacy with our “get hooked on self-advocacy” campaign! Sammy and Sue talked to an Open Sky group about the fish and about things that are important to us…speaking up and other things we are “hooked on”!
Center of Hope’s Building Bridges group made some fish and for diversity week they also made a beautiful bulletin board about what is important to them!



We plan to do a “hooked” presentation at Arc of Opportunity in September! Contact us if you want to work on some fish at your group! Or you can decorate your own fish at this link https://www.wearemass.org/advocacy . It could be a dream. It could be a cause. It could be a Passion. We’re coming together this season to share what we’re hooked on. Download your fish and start sharing today!

At our September regional meetings, we have a guest coming to help us with transportation stories and how to be better advocates around transportation! We want to expand the new transit programs that are happening in Central. We also plan to hear more about the ISP study that Harvard Law Project is doing. Beth will share

information on the last NACDD discussion series (finances).

Our zoom meeting will be on September 26 from 3:30-5:30PM

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

Meeting ID: 889 534 3142

This fall we will continue to join in many statewide and national advocacy opportunities. That's our Central Update.



Happy September, and let's keep getting hooked on self-advocacy!