Totallink2 Community *presents*

teen time

Teens are invited to join us for two of our programs that have been specially designed just for them.

heART Words

SUNDAYS, 1-2:30 PM ON ZOOM
MARCH 7 THROUGH APRIL 25
(no class on April 4)

heART Words is an inclusive community for writers of all abilities. Inspiring verbal and visual prompts encourage self-expression of emotions, courage, imagination, experience, and heart.

Dinner with Friends

MONDAYS, 5 PM ON ZOOM
MARCH 8 - APRIL 19

Enjoy facilitated conversation while eating dinner together via Zoom. Come to the meeting with your meal and be ready to share what you are eating. Most of all, be ready for great dinner conversation and making new friends.

To learn more about these programs and to register, contact Emily Raming at eraming@totallink2.org.

TotalLink2 Community is a Northbrook-based nonprofit that helps individuals living with intellectual and developmental disabilities and their families in the north suburbs of Chicago. We offer a wide range of person-centered services that promote employment, independence, and strong social connections in our home communities. TotalLink provides career and vocational services, including job development and placement, using a proven and innovative approach called Customized Employment; skill-based coaching; family coaching; life planning; educational opportunities such as learning labs; and recreational opportunities for individuals with disabilities. We also offer education and consultation services to educators, community partners, and other professionals.

Community connections and meaningful relationships create a sense of belonging that benefits both people with disabilities and the communities to which they belong. Our programs are designed to get people with disabilities involved in their community and deepen and expand their social connections

Dinner with Friends and heART Words programs are presented thanks to a grant from the Village of Northbrook.

TotalLink2 community **L2**

www.totallink2.org | 224-412-4718