

ENHANCED LIFE SKILLS 2026

MARCH 17 - COMMUNICATION & SOCIAL CONFIDENCE

Start the year with a fun, low-pressure session focused on building comfort in conversations, practicing introductions, and connecting with others.

APRIL 21 - BUILDING HEALTHY RELATIONSHIPS & BOUNDARIES

Learn what makes relationships healthy, how to set boundaries, and how to recognize supportive vs. unsupportive interactions. This session helps participants build stronger friendships and communicate their needs with confidence.

MAY 19 - SELF CHECK-INS & PERSONAL PROGRESS TRACKING

This session introduces simple, supportive ways to notice personal growth, reflect on goals, and build routines that make self-monitoring feel achievable.

JUNE 16 - SPEED FRIENDING

An interactive session where participants rotate through quick conversations designed to build comfort, connection, and social confidence.

JULY 21 - ADA ANNIVERSARY: SELF ADVOCACY & DISABILITY RIGHTS

Celebrate the ADA by learning how to speak up for yourself, understand your rights, and access community supports.

AUGUST 18 - SOCIAL MEDIA SAFETY & DIGITAL COMMUNICATION

Learn practical digital-communication skills that help you stay connected while protecting your privacy and well-being.

SEPTEMBER 15 - FALL HARVEST NO BAKE BAKING

A hands on, seasonal activity where participants create simple, delicious treats using fall flavors — all without an oven or stove.

OCTOBER 20 - UNDERSTANDING COMMUNITY EMPLOYMENT SUPPORTS

In honor of National Disability Employment Awareness Month, this session will highlight community employment resources.

NOVEMBER 17 - GRATITUDE & GIVING BACK

A community building session centered on gratitude practices and a collaborative service project.

DECEMBER 15 - SPEED FRIENDING & YEAR END CELEBRATION

After a year of building skills and confidence, Speed Friending is a fun and exciting way for participants to connect with others and celebrate the completion of our 2026 classes!

WHEN:

Check in at 5:45pm

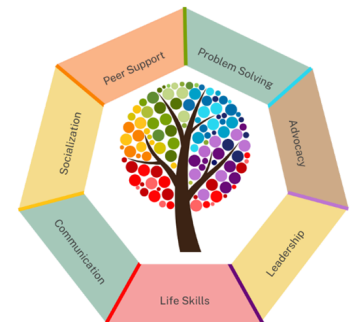
Class from 6:00-8:00pm

WHERE:

66 Ford Road

Upstairs Classroom

Denville, NJ 07834



RSVP:

Hannah Soutter

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