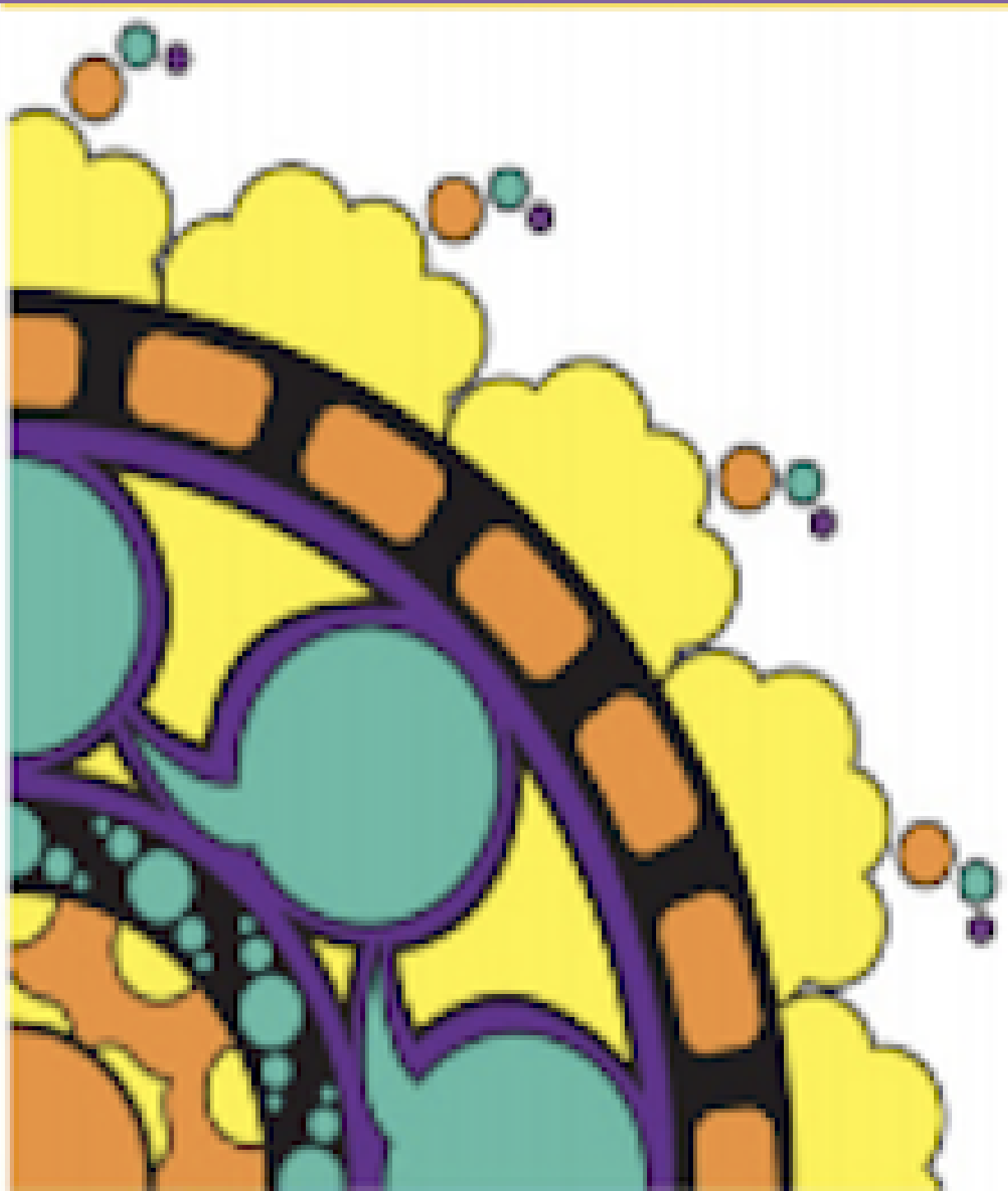


Circles of Communication

Virtual Activity Groups for EVERY body

A full schedule of wellness
classes and special interest
social groups for teens and
adults of all abilities



Circles of
Communication

A private practice that combines developmental speech language therapy, experiential learning, play, yoga, and wellness practices to promote confidence, self-expression and a love of life-long learning.

www.circlesofcommunication.com

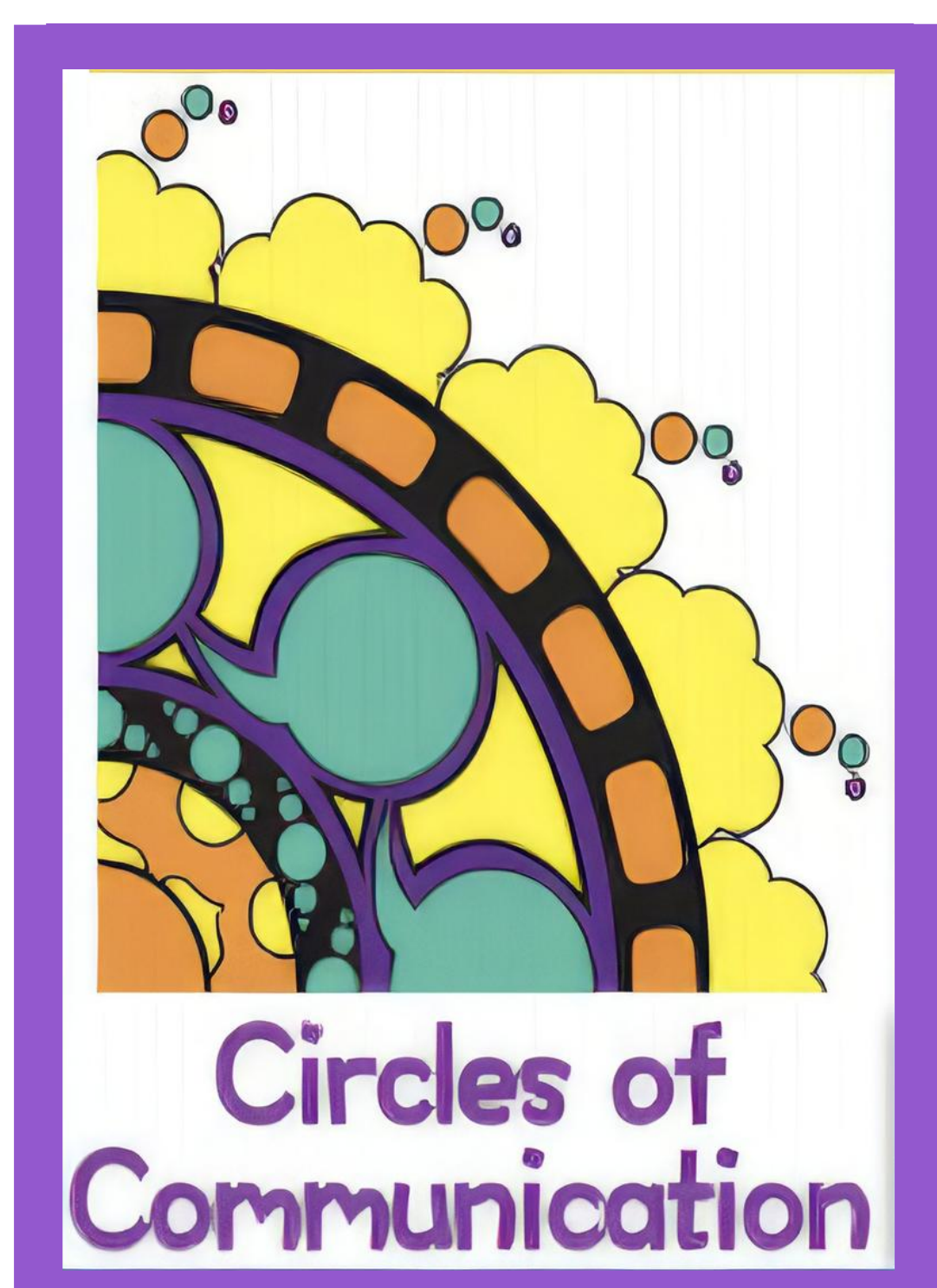
Circles of Communication

Virtual Class Schedule

Class Name	Day	Time	Instructor
Disney Chat Club	Monday	2:00 PM	Leah Barron
Move & Groove	Tuesday	4:00 PM	Lisa Mo
Bingo Club	Tuesday	6:00 PM	Krystal Glushien
Tune In - Mindful Music Sharing	Tuesday	6:30 PM	Dez Dutcavich
Music Appreciation Chat Club	Wednesday	6:00 PM	Leah Barron
Games with Friends	Thursday	2:00 PM	Krystal Glushien
Mindfulness & Music	Thursday	4:00 PM	Leah Barron
Disney Chat Club	Thursday	6:00 PM	Liz Stamat
Karaoke Club	Friday	4:30 PM	Krystal Glushien

Upcoming Classes:	Day	Time	Instructor
Circle of Friends	Friday	1:30 PM	Michael Muscatello
Every Day is Special	TBD	TBD	Lisa McKay
Lego Builders Club	TBD	TBD	Liz Stamat
Healthy Relationships (3-class Series)	TBD	TBD	Karen Schweiger
Sexual Education (8-class Series)	TBD	TBD	Dr. Mark Scheurman
Sketch Club: Draw Fast & Fun!	TBD	TBD	Krystal Glushien

***Upcoming classes will start as soon as there are registered students!**



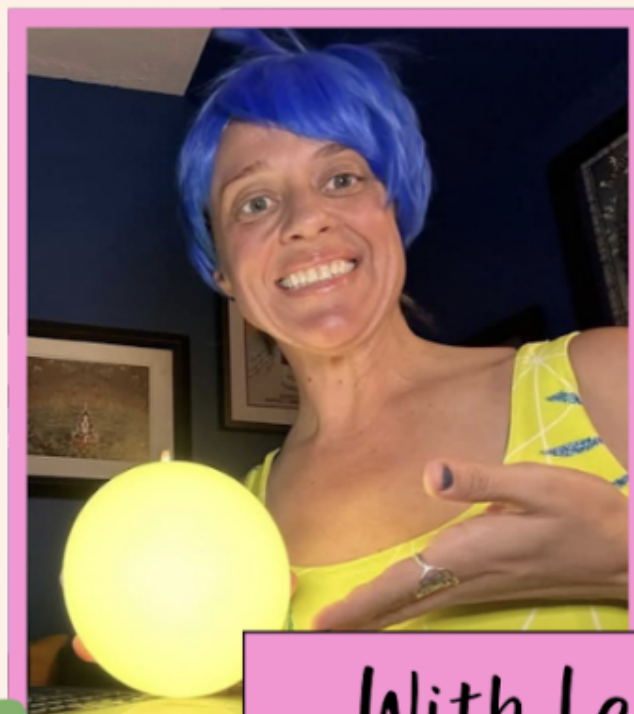
Information / Questions / Registration

Contact: circlesclientservices@gmail.com

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Disney Chat Club

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With Leah or Liz

MONDAY'S - 2PM
THURSDAYS - 5PM & 6PM
VIA ZOOM

DDD FUNDING ACCEPTED!
FOR TEENS & ADULTS OF
ALL ABILITIES!

Each week, participants will watch a Disney/Pixar movie leading up to Chat Club and then chat about it in a safe, comfortable, and welcoming virtual space! Conversations and sharing will include discussion about characters, plot, setting, and the movie soundtrack. Other activities may include: movie trivia, sing-alongs, and yoga poses related to the movie.

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Game with Friends

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THURSDAY'S AT
2:00PM
VIA ZOOM

DDD FUNDING ACCEPTED!
FOR TEENS & ADULTS OF
ALL ABILITIES!

With Krystal

This virtual game night class offers a relaxed, inclusive environment where participants can enjoy classic games like Uno, Go Fish, Yahtzee, and others chosen by the students themselves. The focus is on fostering connection, fun, and community through interactive and accessible gameplay. Whether you're a seasoned gamer or new to the world of board games, this class encourages socialization, strategy, and a sense of belonging while allowing for flexibility in game choices and pacing. Each session is designed to be engaging and supportive, with a focus on ensuring everyone feels comfortable and included.

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Tune In

A Mindful Music Sharing Experience

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OF COMMUNICATION



TUESDAY'S
AT 6:30PM
VIA ZOOM

DDD FUNDING ACCEPTED!
FOR TEENS & ADULTS OF
ALL ABILITIES!

With Dez

Join us for a fun and interactive music sharing class where everyone gets a say in the playlist! Each session, students take turns contributing songs, exploring different genres, play music based games and discussing what makes music meaningful to them. Whether you love pop, hip-hop, rock or country, this is a space to discover new tunes, share favorites, and enjoy a collaborative listening experience. No musical expertise required—just bring your enthusiasm and an open mind!

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Lego Builders Club

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** CLASS DAY &
TIME TBD BASED
ON STUDENT
INTEREST

DDD FUNDING ACCEPTED!
FOR TEENS & ADULTS OF
ALL ABILITIES!

With Liz

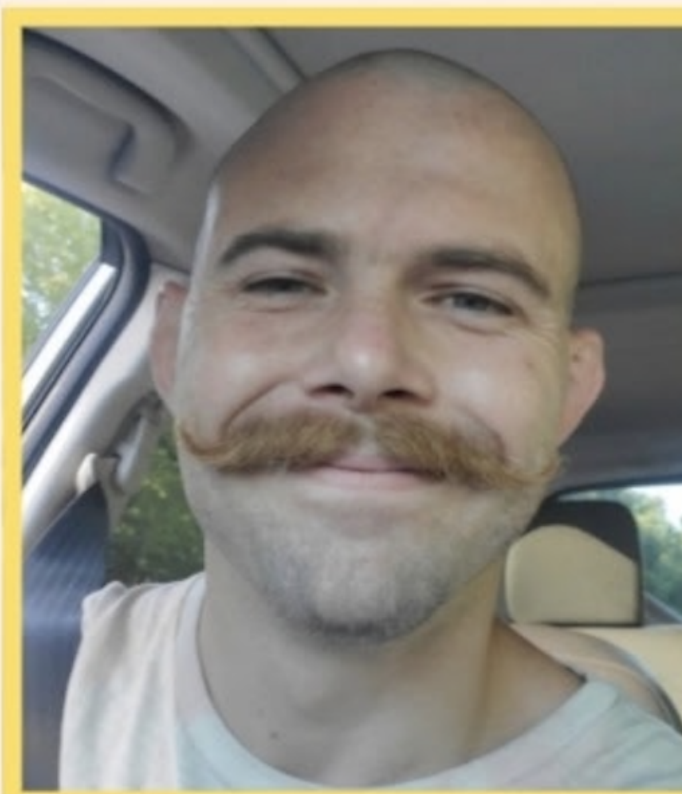
A virtual hangout for those who share a passion for all things Legos! Whether you build from sets or create your own original designs, this club is a space to build, share, learn, and connect with others who love Legos as much as you do. Show off your creations, discuss building techniques and creative ideas and take part in fun building challenges and games! Whether you're a casual builder or a master creator, all skill levels and styles are welcome. Come ready to build, share, and have fun, brick by brick!

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Circle of Friends

An open space to share struggles, solutions, hopes and dreams



Fridays at 1:30pm

with
Michael & Tammi



DDD FUNDING ACCEPTED!
FOR TEENS & ADULTS OF ALL ABILITIES!

Circle of Friends is a relaxed and supportive virtual social group where adults of all abilities can connect, share, laugh, and build meaningful friendships in a welcoming, judgment-free environment.

Each gathering includes open conversation, show & tell, fun discussion topics, and group activities. Participants can share their experiences, celebrate accomplishments, practice communication and self-expression, and help shape our monthly community newsletter.

Most importantly, Circle of Friends is a place to belong, where everyone is welcome and has something valuable to contribute.

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Every Day is Special Facts, Fun & Friends

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With Lisa

Class Day and
Time TBD based
on student interest

DDD FUNDING ACCEPTED!
FOR TEENS & ADULTS OF ALL ABILITIES!

There's always something interesting to discover and something worth celebrating! Join us for a fun, friendly, and interactive virtual class where adults of all abilities can learn, share ideas, laugh, and build meaningful social connections from the comfort of home.

Each class explores something new—from history and current events to positive news, fun facts, seasonal topics, and quirky National Days. We'll keep things lively with trivia, games, polls, food discussions, conversation starters, and other interactive activities.

Come share your thoughts, practice social skills, discover new interests, and connect with others in a welcoming environment. Come for the fun facts, stay for the conversation, laughter, and friendships!

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Healthy Relationships A 3-Class Series

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With Karen

Class Day and
Time TBD based
on student interest

DDD FUNDING ACCEPTED!
FOR TEENS & ADULTS OF ALL ABILITIES!

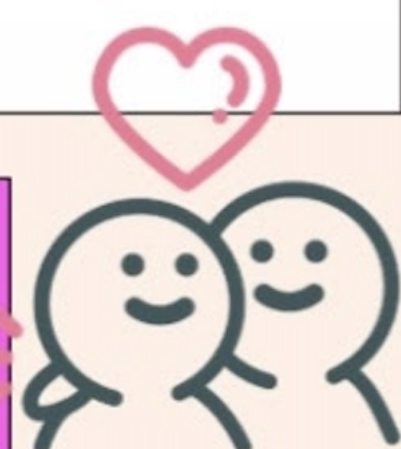
We all have many different relationships in our lives—with family, friends, coworkers, partners, and others. In this supportive 3-class series, participants will explore what makes relationships healthy, respectful, and positive. Through discussions, real-life examples, and interactive activities, participants will build skills for healthy communication, social skills, personal boundaries, consent, expressing feelings, respecting others' choices, and speaking up for themselves. Classes will take place in a safe, supportive, and judgment-free virtual environment where participants can ask questions, share ideas, and practice new skills at their own comfort level. The goal is to help participants feel more confident and empowered in navigating relationships.!



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Sketch Club Draw Fast and Fun!

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With Krystal

Class Day and
Time TBD based
on student interest

DDD FUNDING ACCEPTED!
FOR TEENS & ADULTS OF ALL ABILITIES!

This weekly class is a community based drawing club that combines fast-paced sketching with various subjects to draw paired with challenges and a timer. This class will give the option for participants to model and draw each other, to draw student submitted subjects, and to draw imaginative verbal prompts. Each class will focus on courage, encouragement, giving feedback, and receiving feedback.

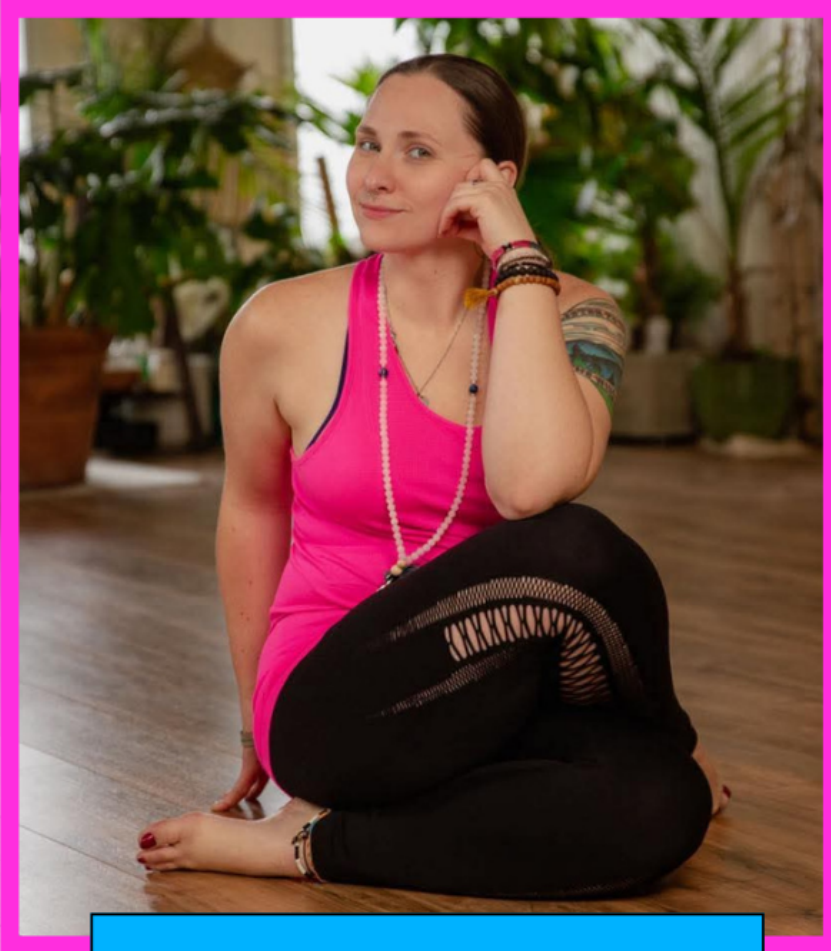
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Move & Groove

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TUESDAY'S
AT 4PM
VIA ZOOM



DDD FUNDING ACCEPTED!

FOR TEENS & ADULTS OF
ALL ABILITIES!

With Lisa Mo

Together we will enjoy an hour of fun with playful yoga-inspired movement and breathwork to promote stress relief, calming, grounding and mindful movement.

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BINGO Club

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TUESDAY'S
AT 6PM
VIA ZOOM

DDD FUNDING ACCEPTED!

FOR TEENS & ADULTS OF
ALL ABILITIES!

With Krystal

Calling all Bingo enthusiasts! We are excited to share in our mutual love for this popular game of chance!

In addition to playing, we will learn and practice skills that teach good sportsmanship and kindness. Our hope is that club members will then generalize these skills by playing Bingo in their own communities!

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Sexual Education For All Abilities

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CLASS DATES
COMING SOON!
VIRTUAL
RECORDINGS
AVAILABLE NOW!

DDD FUNDING ACCEPTED!

FOR TEENS & ADULTS OF
ALL ABILITIES!

With Dr. Mark

Dr. Scheuerman is a 3rd year family medicine resident physician working at Hunterdon Medical Center. He has a passion for teaching others and specializes some of his care for people with developmental disabilities. This class offers a safe, inclusive space to explore relationships, consent, boundaries, pleasure, and body confidence and is designed with accessibility, respect, and real-life experiences in mind. Learn at your own pace, ask questions without judgment, and connect with others on the journey to empowered, informed intimacy.

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Karaoke Club

CIRCLES
OF COMMUNICATION



FRIDAYS AT 4:30 PM

DDD FUNDING ACCEPTED!

FOR TEENS & ADULTS OF
ALL ABILITIES!

With Krystal

A fun, inclusive virtual karaoke club where individuals of all abilities can sing, connect, and express themselves in a supportive, judgment-free space. Participants can share their favorite songs, build confidence, and enjoy music together at their own pace—no experience needed, just a love for music and community.

REGISTER AT:

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Mindfulness & Music

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THURSDAY'S
AT 4PM
VIA ZOOM

DDD FUNDING ACCEPTED!

FOR TEENS & ADULTS OF
ALL ABILITIES!

With Leah

The intention of this group is for each individual to work towards aligning with the best version of themselves by learning and practicing mindfulness exercises, increasing emotional intelligence, creating and using affirmations, connecting with favorite songs through dancing and yoga-inspired movement, and practicing relaxation techniques to feel more calm and relaxed.

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Music Appreciation

CIRCLES
OF COMMUNICATION



WEDNESDAY'S
AT 6PM
VIA ZOOM

DDD FUNDING ACCEPTED!

FOR TEENS & ADULTS OF
ALL ABILITIES!

With Leah

Conversations & sharing about your favorite bands and music in a safe, welcoming & virtual space. Pragmatic skills instruction will be infused into each class & will include promoting self-awareness, self-regulation, self-advocacy, maintaining conversations & understanding the perspective of others!

REGISTER AT:

circlesclientservices@gmail.com

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