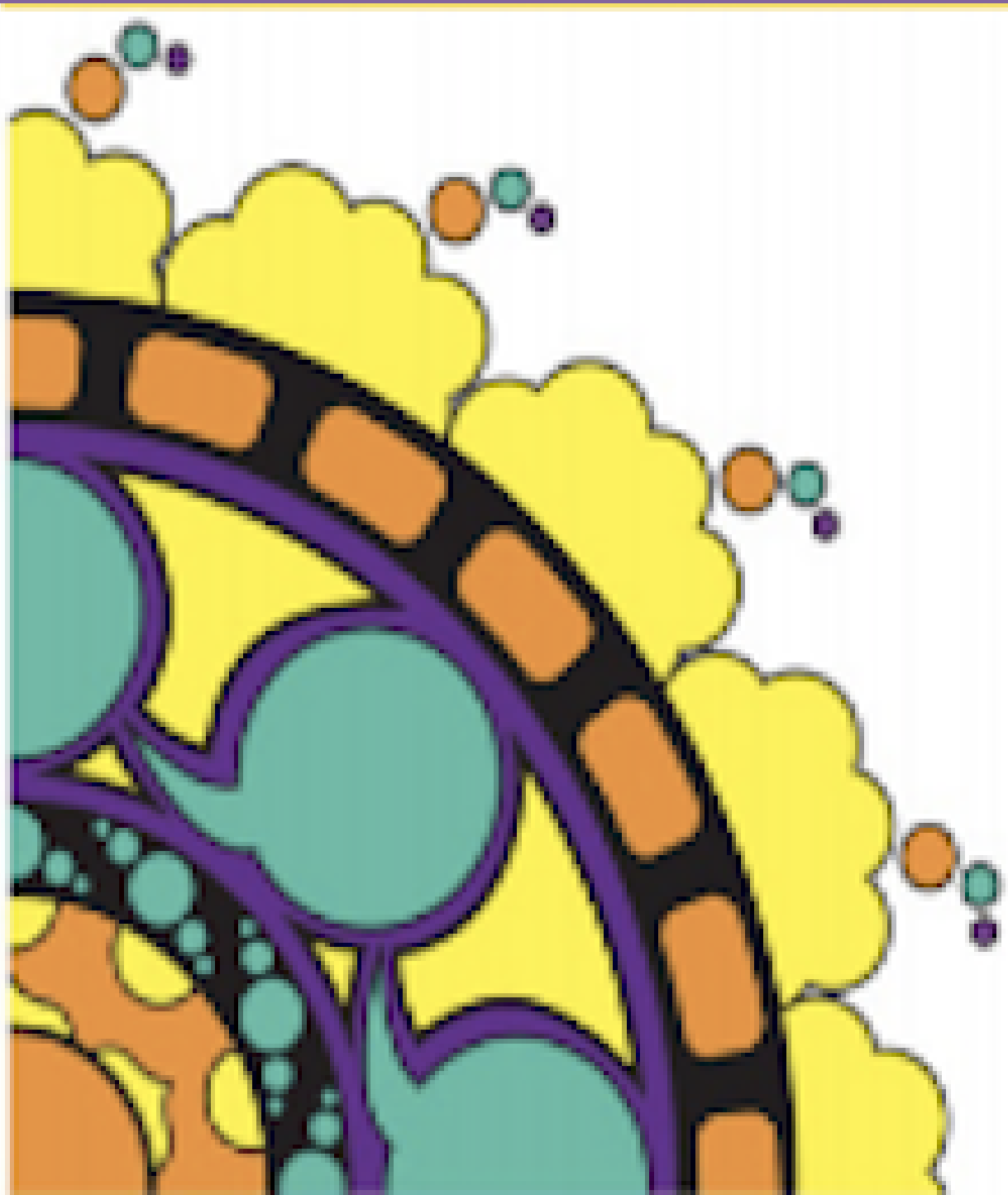


Circles of Communication

Virtual Activity Groups for EVERY body

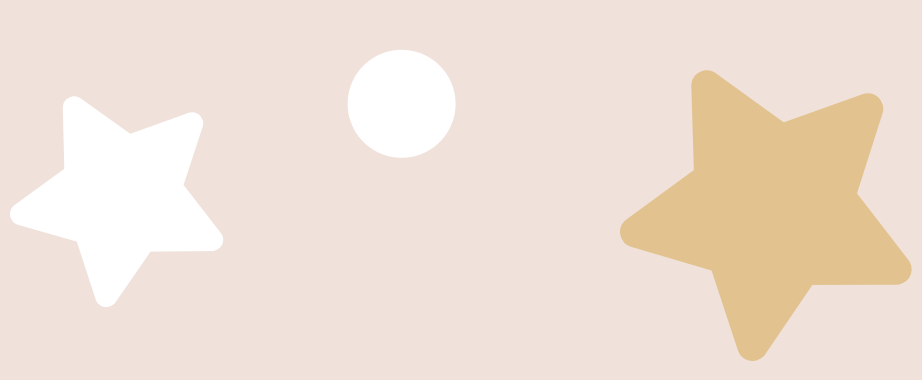
A full schedule of wellness
classes and special interest
social groups for teens and
adults of all abilities



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



Class Schedule



MONDAY

2pm	Disney Chat Club
4pm	Sit & Stretch
4pm	Collaborative Comic Book Creation
5pm	Animal Chat Club
6pm	Grateful Drumming

TUESDAY

3pm	Collaborative Comic Book Creation
4pm	Move & Groove
5pm	Sit & Stretch
6pm	Bingo Club
6pm	Sexual Education (6-week series, starts 9/10)

WEDNESDAY

10am	Mindful Mornings
5pm	Bingo Club
6pm	Music Appreciation Chat Club

THURSDAY

9:30am	Voice & Chair Yoga
4pm	Mindfulness, Movement & Music
5pm	Disney Chat Club
6pm	Disney Chat Club

FRIDAY

8:30am	Voice & Chair Yoga
11am	Mindful Mornings

SATURDAY

10am	Disney Chat Club
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SUNDAY

10am	Adaptive Dance
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Calling All Disney Lovers!

Disney

PIXAR

Chat Club

For teens and
adults of
all abilities!

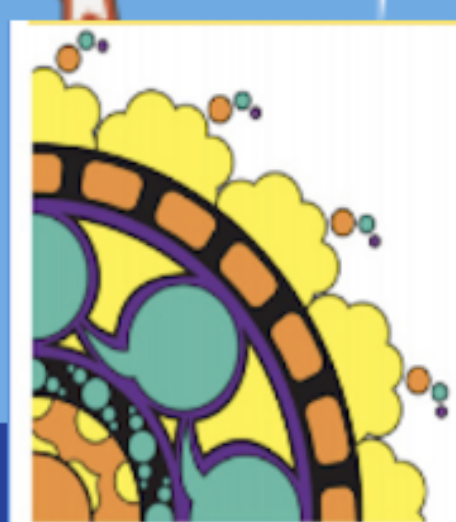
Monday, 2pm
Thursday, 5pm & 6pm
Saturday, 10am

DDD funding
accepted!!

You are invited to chat with us about
your favorite Disney movies in a
safe, comfortable, and welcoming
virtual space (via Zoom)

Taught by Leah Barron

- Over 20 years of experience teaching neurodivergent students
- Certified Special Education Teacher
- Co-Founder of Inclusion Festival
- Certified Yoga Instructor



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Contact Leah to Register: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

SIT & STRETCH

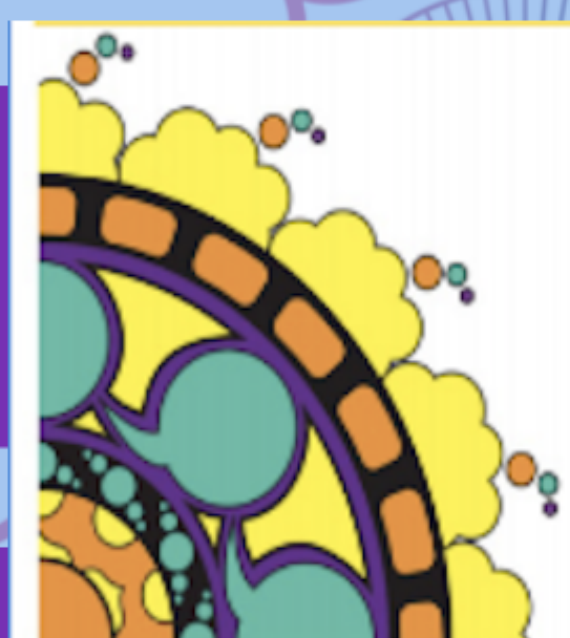
Monday at 4pm or Tuesday at 5pm

Find your center and get grounded in body and mind with this gentle class. In chair yoga, we practice our poses while seated and standing using a chair for support. We will also incorporate movements inspired by the ancient practice of qigong, with cross-body and side-to-side motions to aid in balance and fall prevention, while enjoying some of our favorite songs from yesterday and today. Designed to mindfully increase range of motion while meeting students where they are, it is truly everyBODY's yoga! Benefits of chair yoga include increased strength and mobility, stress reduction, and socialization.



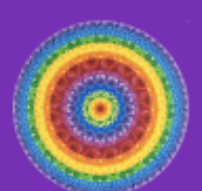
DDD funding
accepted!

For teens
& adults of
all abilities!



Circles of
Communication

Taught by
Lisa Mo



An inclusive, nature-loving, down-to-earth,
independent 500-hr Registered Yoga Teacher

Registration or Questions: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

COMIC BOOK CREATION

A collaborative writing process

For teens & adults of all abilities!

DDD Funding Accepted!

Write
Draw
& Share!

Mon at 4pm
or Tues at 3pm

Taught by
Pete Kozak

Via Zoom

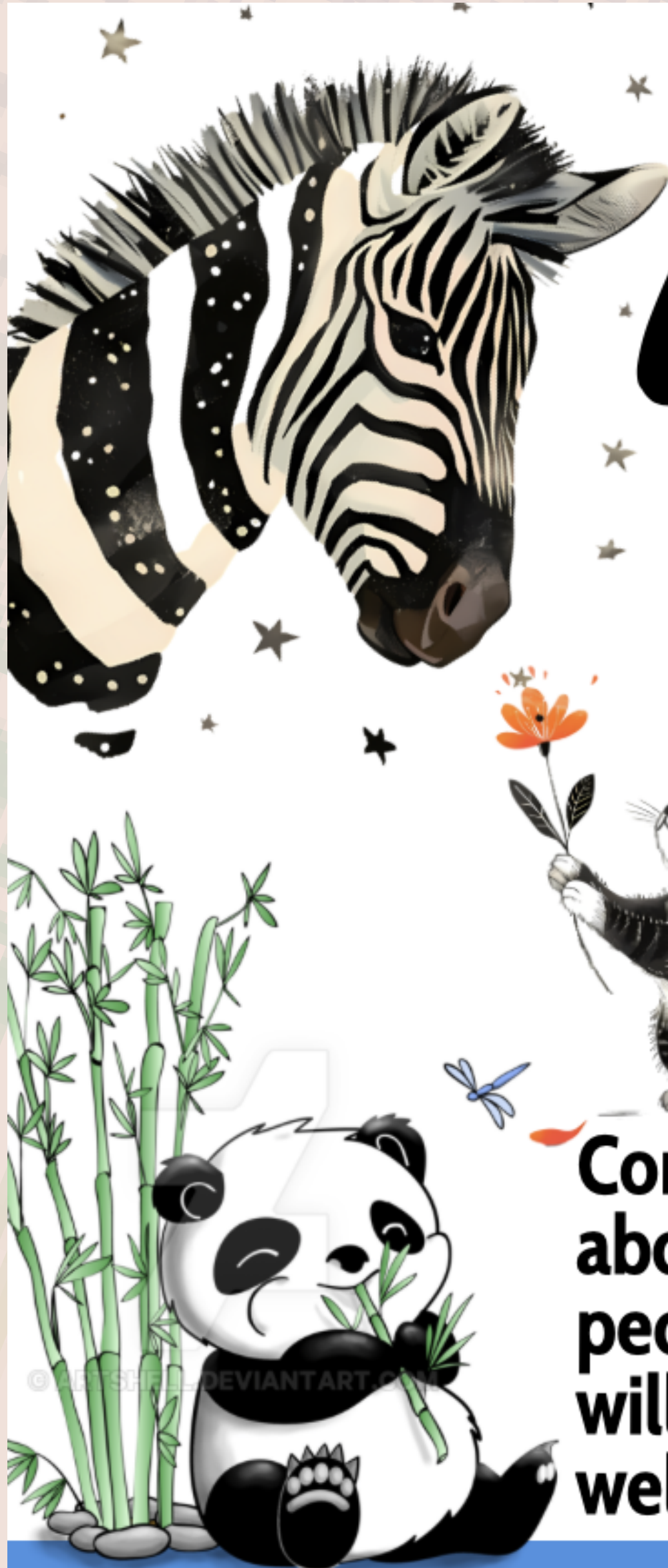


Pete Kozak (M.Ed) has worked as an educator, therapist, and coach for the past 15 years, and most recently founded a non-profit called **Especially Everyone**, whose mission is to create inclusive environments through music. His passion for helping others discover their purpose is the theme in all of the work he does, and he is constantly looking for ways to bring people together in meaningful ways.

Contact Leah to register...

yogaforallabilities@gmail.com
908-892-4323

Learn about our other virtual classes:
circlesofcommunication.com/events



ANIMAL CHAT CLUB

Monday, 5pm

Via Zoom

DDD
Funding
Accepted!



For teens & adults of all abilities!

Conversations, sharing, and learning about your favorite animals with other people who also love animals! Classes will provide a safe, comfortable, and welcoming experience for all involved!



Taught by Liz Stamat

Liz is a Special Education Tutor who graduated from Kean University with a BA in Psychology and Minored in Speech and Hearing Sciences. She wears many hats at Circles of Communication, primarily supporting client's through direct instruction and by teaching online classes. She is always willing to help out and to learn new ways to assist client's in achieving their goals in a safe environment. When she's not working, Liz enjoys playing Dungeons and Dragons, Yu-Gi-Oh, video games, and listening to podcasts about animals and nature.

Contact Leah to Register: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

GRATEFUL DRUMMING

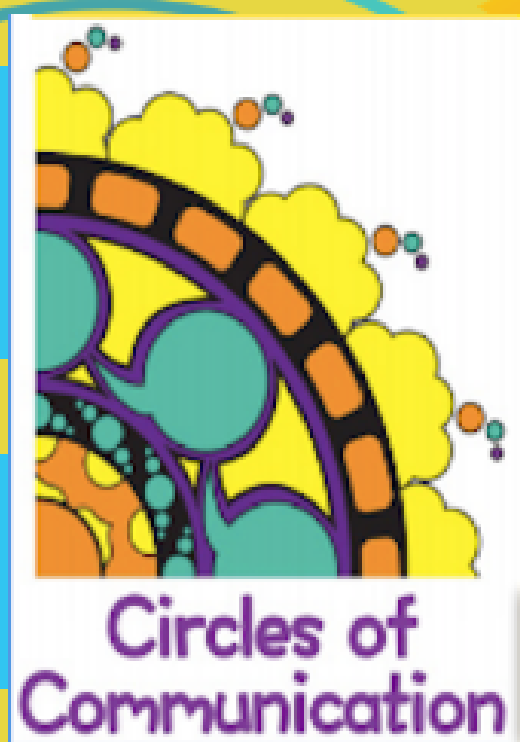
Monday, 6-7pm
via Zoom

Say "YES" to fun in your life! Drumming with others is an ancient practice that people have used for millennia all over the globe to feel free to connect, heal, learn and celebrate.

No prerequisites - all are welcome! No prior musical experience is necessary - we won't be reading any musical notation, and having a drum is optional. All you need is an open mind and you will leave feeling energized, happy, and connected!

NJ DDD funding accepted!

For teens & adults of all abilities!



**Taught by
Joe Ciarvella**

Certified Drum Circle Facilitator with many years of experience facilitating drum workshops and classes for all ages and abilities

Registration or Questions: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

TUESDAY MOVE & GROOVE

Tuesday
4pm
via Zoom

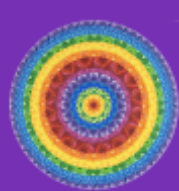
Together we'll enjoy an hour of fun and playful yoga-inspired movement and breathwork.

DDD funding accepted!

For teens & adults of all abilities!

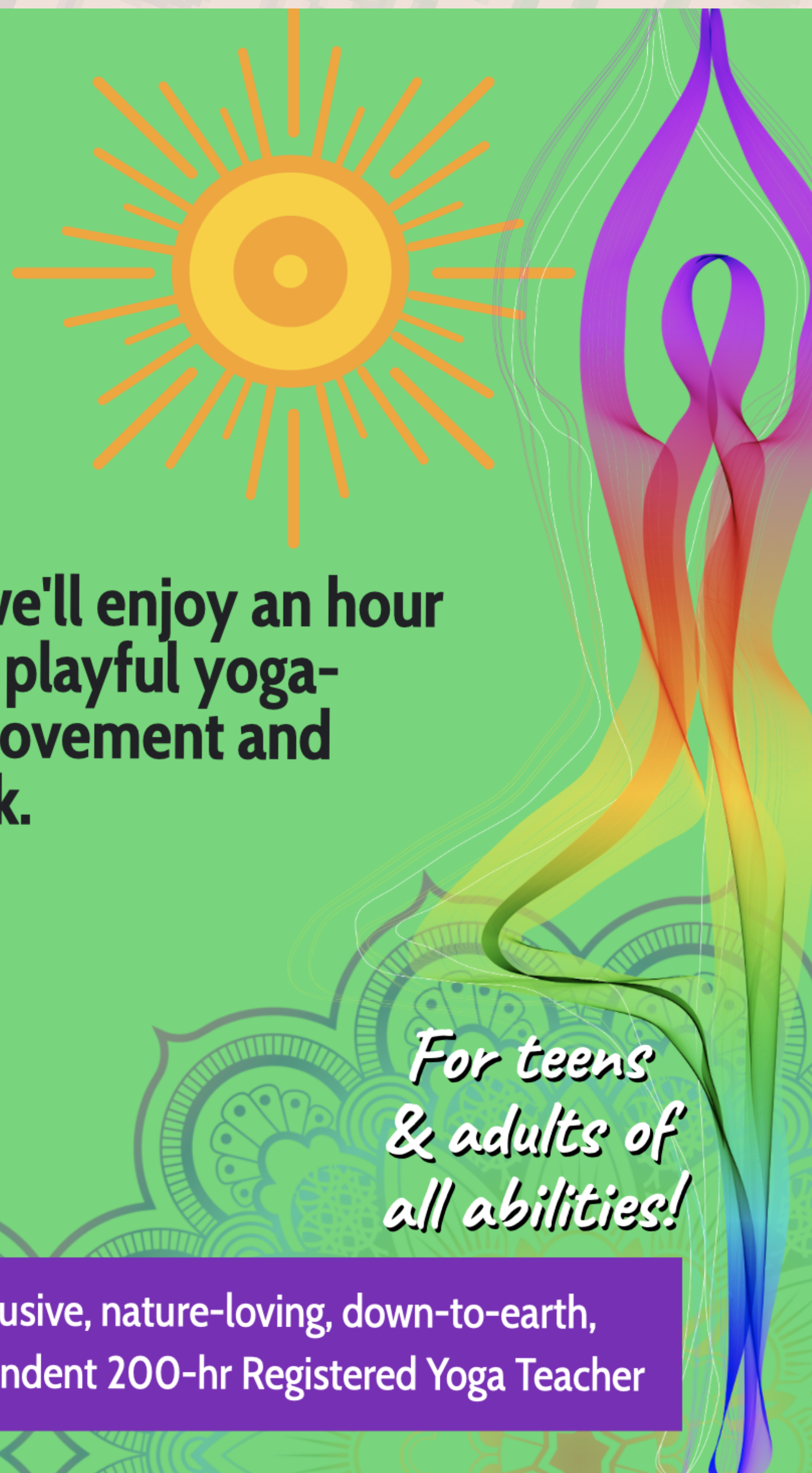


**Taught by
Lisa Mo**



An inclusive, nature-loving, down-to-earth, independent 200-hr Registered Yoga Teacher

Registration or Questions: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events





BINGO CLUB

Tues at 6pm or Wed at 5pm

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!

DDD Funding Accepted!

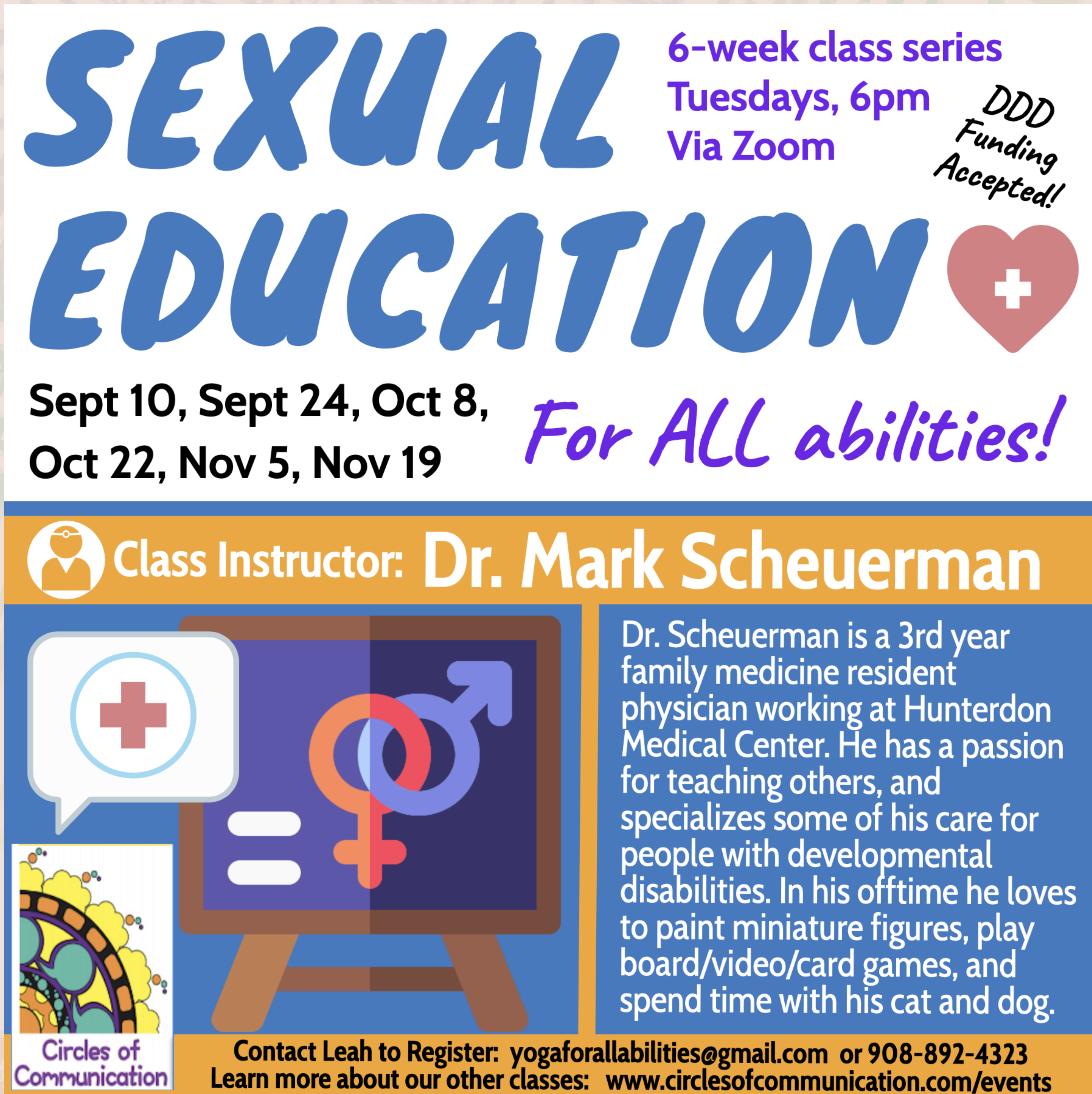
For teens & adults of all abilities!

Taught by Krystal Glushien

Krystal is a kind, sensitive person, and a cheerleader for everyone, with many years of experience working with people of all ages and abilities. She loves to see others reach their dreams, as she plays with her own. Krystal is the creator of FestiQuest, a game played at festivals to provide a game of fun ways to help ourselves and others.

Contact Leah to Register: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

Circles of Communication



SEXUAL EDUCATION ❤️

6-week class series
Tuesdays, 6pm
Via Zoom

DDD Funding Accepted!

Sept 10, Sept 24, Oct 8, Oct 22, Nov 5, Nov 19

For ALL abilities!

Class Instructor: Dr. Mark Scheuerman

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. In his offtime he loves to paint miniature figures, play board/video/card games, and spend time with his cat and dog.

Contact Leah to Register: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

Circles of Communication

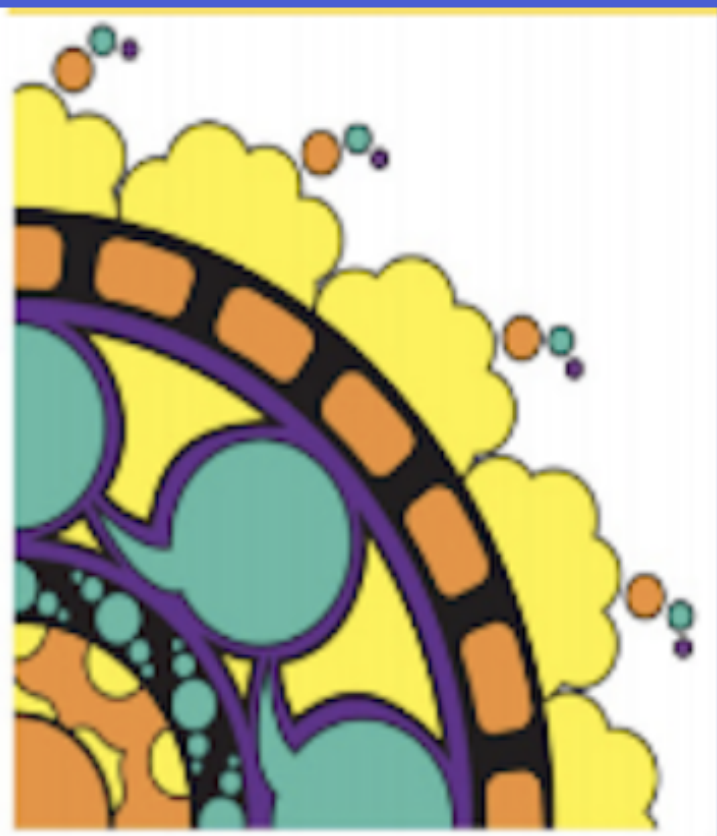
MINDFUL MORNINGS

DDD funding
accepted!

Wednesday at 10am
or
Friday at 11am

For teens & adults
of all abilities!

Start your day off with a positive mindset!
Dez will lead group participants through mindfulness-based practices and discussions to promote relaxation, self-love, self-acceptance, and increased emotional intelligence.



Circles of
Communication

Class Instructor:

**Dez
Dutcavich**

Dez has an Associates Degree in Early Childhood Education with a Major in Special Needs, and is also a certified Holistic Life Coach with many years of experience working with disabled individuals in a variety of school settings, as an employment specialist, and a job coach.

Registration: yogaforallabilities@gmail.com or 908-892-4323

Learn more: www.circlesofcommunication.com/events

Music Appreciation CHAT CLUB

Conversations and sharing about
your favorite bands and music
in a safe, comfortable, and
welcoming virtual space via Zoom

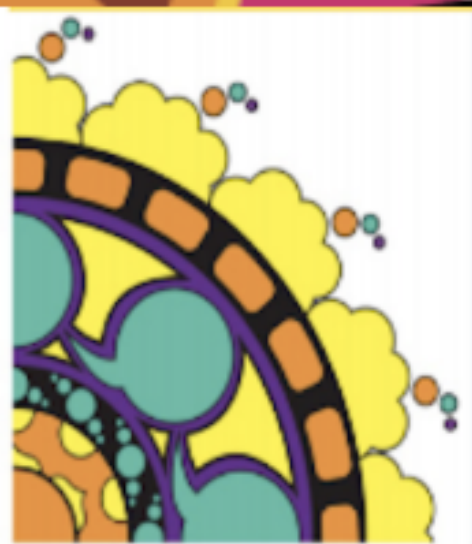
Every Wednesday
6pm

For teens and
adults of
all abilities!

DDD funding
accepted!

Taught by Leah Barron

- Certified Special Education Teacher
- Co-Founder of Inclusion Festival
- Certified Yoga Instructor
- Over 20 years of experience working with students of all ages and abilities



Circles of
Communication

Contact Leah to Register: yogaforallabilities@gmail.com or 908-892-4323
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VOICE & CHAIR YOGA

Thursday at 9:30am
or
Friday at 8:30am

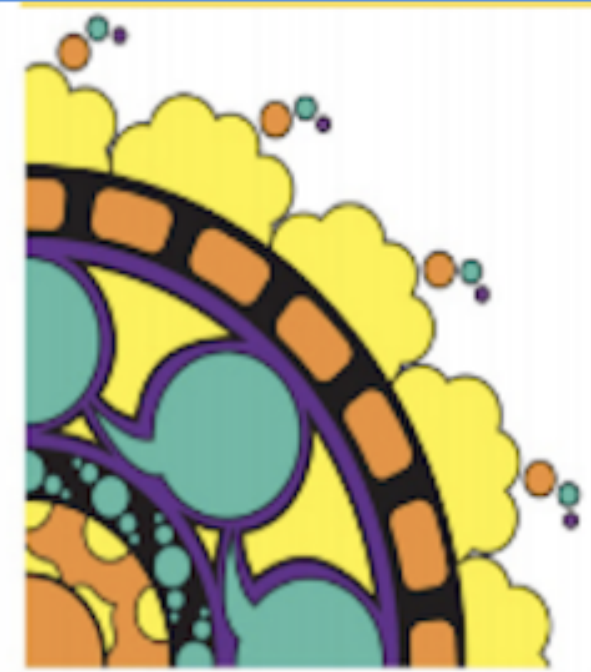
-This chair yoga class will incorporate components of Lee Silverman Voice Therapy (LSVT), which is known to be beneficial for individuals with Parkinson's Disease, Traumatic Brain Injury, Stroke, Downs Syndrome, Multiple Sclerosis, and Cerebral Palsy.

-The class will consist of vocal warm ups, seated stretching and movement, and call/response poetry.

DDD funding accepted!



For teens & adults of all abilities!



Class Instructor:

Cait Gannon

Cait is a speech pathologist and a chair yoga instructor who works with all age groups and abilities. She has a particular love for movement, breath and voice, and she believes that everyone has a voice, whether that means using an AAC, sign, or their vocal chords.

Registration or Questions: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events


Circles of Communication

MINDFULNESS MOVEMENT & MUSIC

Thursday's, 4pm
via Zoom

Develop greater body awareness, strength, physical and mental flexibility, confidence, self regulation, and self expression!
Learn strategies to help you feel more calm and relaxed.

For teens and adults of all abilities!
DDD funding accepted!



Circles of Communication

Taught by Leah Barron

Over 20 years of experience teaching students of all ages and abilities;
Certified Special Education Teacher; Co-Founder of Inclusion Festival;
Certified Yoga Instructor

Registration or Questions: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

ADAPTIVE DANCE

*For teens
& adults of
all abilities!*

Sunday, 10am

*DDD
funding
accepted!*

This dance class is taught by Sofia Blasco from The Dancer Movement. Classes will consist of a movement warmup, basic dance concepts and skills, and will finish with learning and practicing a fun dance combination.

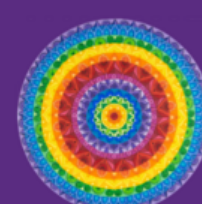
Classes will be modified as needed, and will include options for seated participation.
All abilities are welcome!



**Taught by
Sofia Blasco**

Sofia is an alumni of Marymount Manhattan College with a Bachelor of Fine Arts in Dance. Sofia was inspired to start The Dancer Movement Corp through her desire for dance and her belief that everyone can and should have the opportunity to experience the art of dance.

Learn more about our other classes:
www.circlesofcommunication.com/events



yogaforallabilities@gmail.com
908-892-4323