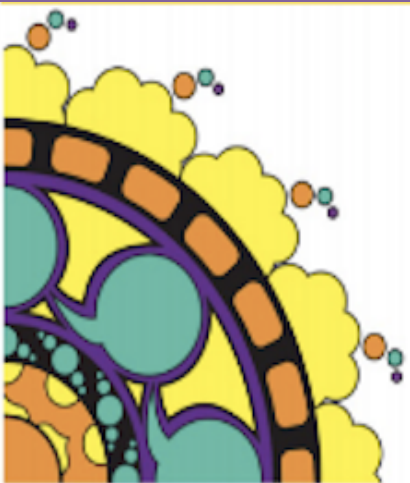


Circles of Communication

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

Virtual Class Schedule

Class Name	Day	Time	Instructor
Disney Chat Club	Monday	2:00 PM	Leah Barron
Screenplay Writing*	Monday	4:00 PM	Pete Kozak
Animal Chat Club	Monday	5:00 PM	Liz Stamat
Digital Skills Lab*	Monday	5:00 PM	Miguel Munoz
Grateful Drumming	Monday	6:00 PM	Joe Ciarvella
Move & Groove	Tuesday	4:00 PM	Lisa Mo
Bingo Club	Tuesday	6:00 PM	Krystal Glushien
Creative Self-Expression*	Wednesday	10:00 AM	Angela Elzind
Mindful Mornings	Wednesday	11:00 AM	Dez Dutcavich
Craft Corner*	Wednesday	4:00 PM	Lisa Mo
Creative Self-Expression*	Wednesday	5:00 PM	Angela Elzind
Game Night*	Wednesday	5:00 PM	Krystal Glushien
Music Appreciation Chat Club	Wednesday	6:00 PM	Leah Barron
Tune In - Music Sharing*	Thursday	11:00 AM	Dez Dutcavich
Mindfulness & Music	Thursday	4:00 PM	Leah Barron
Disney Chat Club	Thursday	5:00 PM	Leah Barron
Disney Chat Club	Thursday	6:00 PM	Liz Stamat
Book Club*	Friday	4:00 PM	Ira Berezhna
Disney Chat Club	Saturday	10:00 AM	Liz Stamat

***Class will start as soon as
there are registered students!**

Disney Chat Club

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With Leah or Liz

MONDAY'S - 2PM
THURSDAYS - 5PM & 6PM
SATURDAY'S - 10AM
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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Screenplay Writing

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MONDAY'S AT 4PM
VIA ZOOM

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

With Pete

This virtual class will cultivate a collaborative creation space where participants will come together to explore their creative voices through the art of screenwriting. Whether you're brand new to writing or building on your skills, this space supports creativity, connection, and self-expression—with structure that honors different ways of thinking and learning, facilitated by a certified behavioral therapist.



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Animal Chat Club

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MONDAY'S
AT 5PM
VIA ZOOM

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

With Liz

Are you an animal lover looking for a fun and welcoming space to share your passion? Join us for conversations, sharing and learning about your favorite animals in a relaxed and inclusive space with others who also find joy in animals of all kinds!

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Digital Skills Lab

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MONDAY'S AT 6PM
VIA ZOOM

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

With Miguel

This virtual class is designed for neurodivergent adults to explore and enhance their digital skills in a supportive and flexible environment. Each session will be tailored to students' specific interests, covering a wide range of topics related to computers, programs, and technology. Possible areas of focus include Google Drive and apps, ChatGPT and AI, navigating iPads or Android devices, using art and music apps, mastering the Adobe Suite, movie making, password management, and more. This class will provide hands-on instruction and guidance to help you build confidence and become more tech-savvy, all at your own pace and based on what you want to learn.

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Grateful Drumming

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MONDAY'S
AT 6PM
VIA ZOOM

DDD FUNDING ACCEPTED!

FOR TEENS & ADULTS OF
ALL ABILITIES!

With Joe

Drumming with others is an ancient practice that people have used for millennia all over the globe to feel free to connect, heal, learn & celebrate!
No prerequisites or musical experience necessary. No musical notation will be read and having a drum is optional.
All you need is an open mind & you will leave feeling energized, happy and connected!

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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
OR
WEDNESDAYS AT 5PM
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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Creative Self Expression A Journaling & Storytelling Group

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WEDNESDAY'S AT
11:00 AM OR 5:00 PM
VIA ZOOM

DDD FUNDING ACCEPTED!

FOR TEENS & ADULTS OF
ALL ABILITIES!

With Angela

This virtual class offers a safe, supportive space to explore personal creativity through journaling and storytelling activities. Participants will engage in guided exercises that encourage reflection, imagination, and self-expression. Whether through writing prompts, free journaling, or collaborative storytelling, the class aims to empower participants to share their unique voices and experiences. The focus is on creating a comfortable and non-judgmental environment where each individual can explore their creativity at their own pace while building connections with others.

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Mindful Mornings

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With Dez

WEDNESDAY'S
AT 11AM
VIA ZOOM

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



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

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Craft Corner

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With Lisa Mo

WEDNESDAY'S AT 4PM
VIA ZOOM

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



A virtual, laid-back space for craft-lovers to come together to share their current craft projects in a supportive and relaxed environment. Whether you're into coloring, stitching, or any other creative activity, this class is all about enjoying the process and connecting with others. We'll begin with a guided meditation and a bit of breath work to help everyone relax, focus, and tap into their creativity. After that, participants can work on their own projects at their own pace, with time set aside for casual conversation, socializing, and background music. There's no need to pre-plan or purchase specific supplies—just bring whatever craft you're currently working on. It's all about enjoying a mindful, creative time together in a judgment-free zone.

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Game Night

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With Krystal

WEDNESDAY'S AT
5:00PM
VIA ZOOM

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



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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Music Appreciation

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With Leah

WEDNESDAY'S
AT 6PM
VIA ZOOM

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



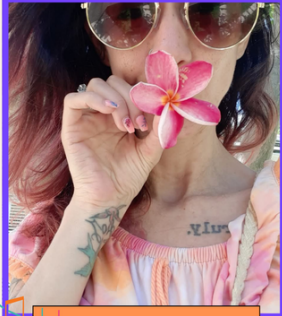
Conversations & sharing about your favorite bands and music in a safe, welcoming & virtual space. Pragmatic skills instruction will be infused into each class & will include promoting self-awareness, self-regulation, self-advocacy, maintaining conversations & understanding the perspective of others!

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Tune In A Shared Music Experience

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OF COMMUNICATION



THURSDAY'S
AT 11AM
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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Mindfulness, Movement & 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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Book Club

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FRIDAY'S AT 4:00PM
VIA ZOOM

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

With Ira



Conversations and sharing with other book-lovers in a safe and supportive virtual space. Whether you're a seasoned bookworm or just beginning to explore the world of literature, this club is for you. Club members will be encouraged to express their thoughts, ideas, and experiences related to the books we read.

The books selected will cover a variety of genres, and members will be encouraged to share their preferences and interests.

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