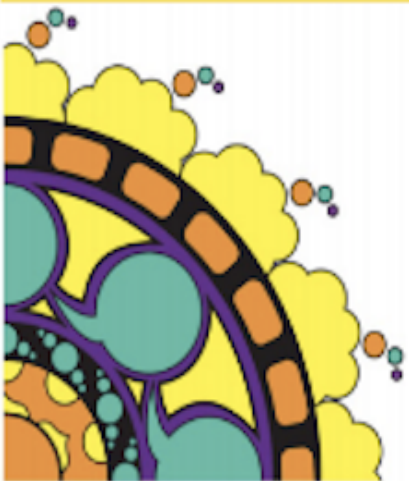


# Circles of Communication

## 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](http://www.circlesofcommunication.com)



# Class Schedule

## MONDAY

2pm Disney Chat Club

4:30pm Superhero/Star Wars Chat Club

6pm Grateful Drumming

## TUESDAY

4:15pm Move & Groove

4:30pm Pokémon Chat Club

## WEDNESDAY

4:30pm Jazz Dance

5:30pm Art for All Abilities

6:30pm Music Appreciation Chat Club

## THURSDAY

4:15pm Mindfulness, Movement & Music

6pm Disney Chat Club

## SUNDAY

10am Adaptive Dance

# SUPERHERO & STAR WARS CHAT CLUB

Monday, 4:30pm

via Zoom

Whether you are curious, or an expert, this club is a space to talk about everything superhero and Star Wars and support each other in exploring how we can be a hero too!



For teens & adults of all abilities!

DDD Funding Accepted!

## 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](mailto:yogaforallabilities@gmail.com) or 908-892-4323  
Learn more about our other classes: [www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)

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## Calling All Disney Lovers!

Disney

PIXAR

# Chat Club

For teens and adults of all abilities!

Monday, 2-3pm

Thursday, 6-7pm

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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# 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

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# ART FOR ALL ABILITIES

Wednesday 5:30pm  
via Zoom

*For  
kids, teens,  
& adults of  
all abilities!*

The process of making art allows us to tap into our inner creativity, and supports us in letting go of our worries, thoughts, and stresses. This class is all about the journey, it's the process that matters, not the destination or product.

*Sliding  
scale of  
\$20-\$40  
per class*

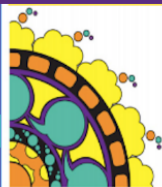
**Taught by  
Lindsay Jamison**



Lindsay is a visionary artist and holistic wellness educator. She bridges art with ancient wisdom traditions to support the community in positive lifestyle transformation.

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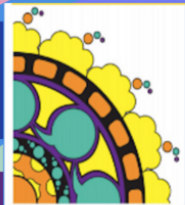
# MINDFULNESS MOVEMENT & MUSIC

Tuesday, 4:15-5:15pm  
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!



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**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](mailto:yogaforallabilities@gmail.com) or 908-892-4323  
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# DANCE CLASSES FOR EVERYONE

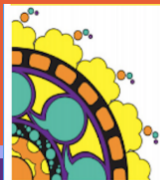
JAZZ DANCE Wednesday, 4:30pm

ADAPTIVE DANCE Sunday, 10am

*For teens  
& adults of  
all abilities!*

These adaptive dance classes are 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!

*DDD  
funding  
accepted!*



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Communication

**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](http://www.circlesofcommunication.com/events)



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908-892-4323



# 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  
6-7pm



*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

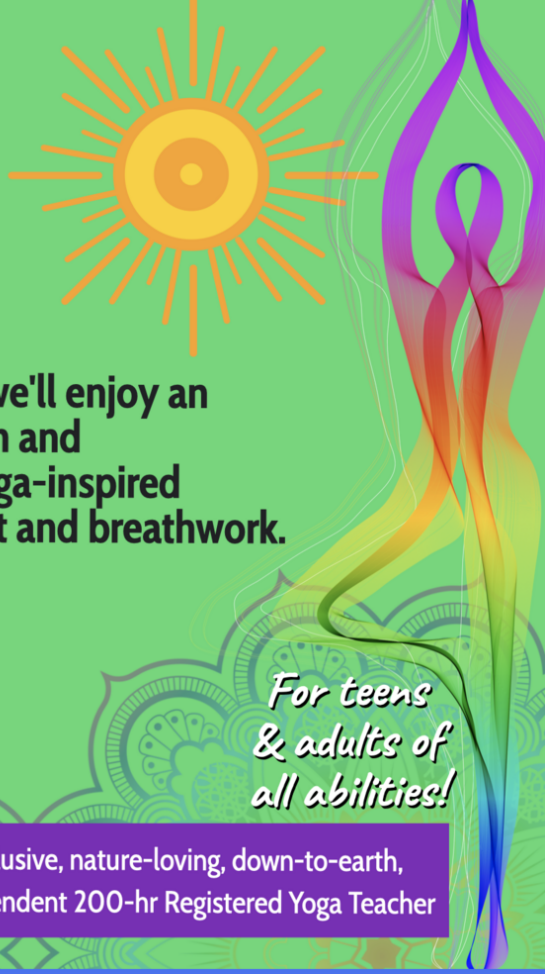
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# TUESDAY MOVE & GROOVE

Tuesday  
4:15-5:15pm  
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



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# POKÉMON CHAT CLUB

Tues, 4:30pm

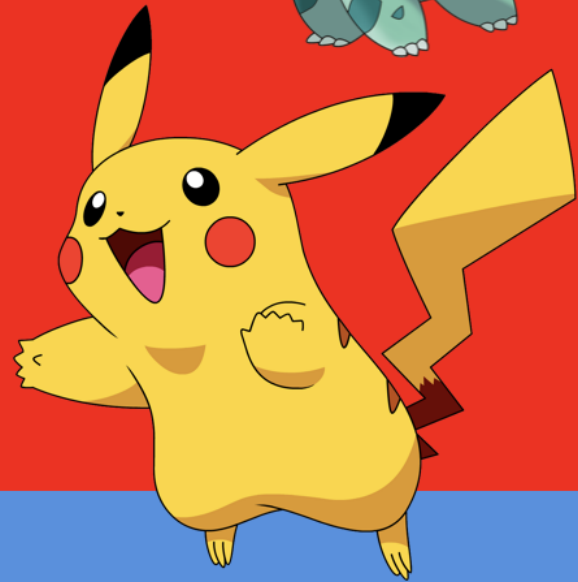


Via Zoom

For the Pokémon Pupil or a Pokémon Master, the world of Pokémon is always evolving with never ended updates! We will talk about the history of Pokémon and watch clips from shows to watch origin stories of all the creatures and strategies! Every class we will also reserve some time to talk Pokémon Go, to support each other with the events every week or to ask questions of each other within the group.

For teens & adults of all abilities!

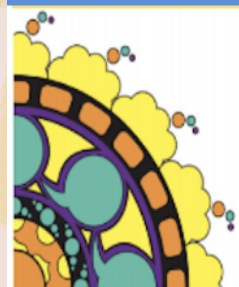
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