

Kids & Teens Family Support Programs

 & Building Friendships Club are back!

Saturday Kid's Break

Natick | 9:00 am—4:00 pm | Ratio: 1:3 | Ages: 12-18
Coordinator: Sarah Ouellette

Morning (9am-12pm) **FITNESS**

(Zumba, Yoga & Adaptive CrossFit)

followed by a **FUN** afternoon

(12:45pm –4pm) **community adventure !**

Half or full day option!

January 5: CrossFit & a trip to the movies

January 12: Yoga & Ryan Family Amusements

January 26: Zumba & Sky Zone!

February 2: Zumba & Monster Mini Golf

February 9: Yoga & Taza Chocolate Tour

March 2: CrossFit & Sky Zone

March 9: Yoga & Whimsey Arts & Crafts

March 16: Yoga & Patriots Place Museum Tour

March 23: Zumba & Ryan Family Amusement

March 30: CrossFit & The Little Mermaid Play at Dragonfly Theater

April 6: Yoga & Sky Zone

April 27: Zumba & Discovery Museum

May 4: CrossFit & Look Out Farm

May 11: Yoga & Golf on the Village Green

May 18: Zumba & Cushing Memorial Park Playground

June 1: Zumba & Ryan Family Amusements

June 8: Yoga & Charles River Kayak

June 15: CrossFit & Sunshine Farm: Strawberry Picking

*The cost of this program is funded for residents of the
Newton South Norfolk and Middlesex West areas by DDS.
A bagged and ready to eat lunch is required for full-day participants.
No nuts or seafood please!*

Teen Night is now...

Building Friendship Club!!

Needham & Natick | Ages: 13-22 | Ratio: 1:4

Weekly on Wednesdays 5:45—7:00 pm

Monthly on Friday nights 6:15 pm —9:00 pm (Cost: \$20)

Coordinator: Sarah Ouellette

Enhance social skills & build new friendships!

Meet weekly on Wednesdays, 5:45—7:00 for 3 or 4 week session lead by Sarah Ouellette and teen volunteers!

Practice new skills and celebrate monthly in the community on Friday nights after you've completed a session!

Session 1: Wednesday: Jan 2, 9, 16, 23

Outing: Friday, Jan 25th: **Ice Skating**

Session 2: Wednesday: Jan 30, Feb 6, 13

Outing: Friday, Feb 22nd: **Applebee's**

Session 3: Wednesday: Mar 6, 13, 20, 27

Outing: Friday, Mar 29th: **Bowling**

Session 4: Wednesday: Apr 3, 10, 24


Outing: Friday, Apr 26th: **Rock Climbing**

Session 5: Wednesday: May 8, 15, 22, 29

Outing: Friday, May 31st: **Treetop Adventures**

Session 6: Wednesday: Jun 5, 12, 19

Outing: Friday, June 21st: **Fun & Games**

 are a recreational program for siblings of brothers or sisters living with a disability. We will be holding two: **March 23rd and May 4th**

If you know of anyone who would benefit from this workshop, please spread the word!

Please contact Janelle Portmann for more information.
(891) 514-2235 or jjportmann@charlesrivercenter.org

School Vacations: save the dates!

Needham | 9:00 am—3:00 pm
Ages: 7—21

Ratio 1:3 = \$86/day

Ratio 1:1 = \$98/day

February 19th—22nd

April 16th—19th

A.S.P.I.R.E

Needham

After School Program

Tuesday—Friday

2:45 pm—5:30 pm

Ages: 12-21

Contact:

Sarah Ouellette

for more information!

Save the date:

April 6th, 2019

(Registration opens in March)

Logan Airport

www.charlesrivercenter.org

All ages welcome



With any questions or suggestions, please contact Renee Scherer!