

## Youth & Recreation Virtual Programs

Due to COVID regulations, ESMA Youth has been offering and will continue to offer youth and recreation programs virtually.



### Youth Leadership Network

Through the support of the Mass Rehab Commission (MRC), the Youth Leadership Network (YLN) promotes self-advocacy and self-awareness for teens and young adults with disabilities ages 14 to 26. This is a state-wide initiative with meetings, events and the dynamic use of social media to unite youth in across the state.

**Weekly - Tuesday 4:00 – 5:00pm**

### Accessible Martial Arts

The Accessible Martial Arts Program is for people with and without disabilities who want to learn and practice self-defense, stretching, exercise and relaxation techniques. Classes traditionally take place in Worcester and Boston, but until we can safely meet in person classes take place bi-weekly online, with additional content posted on Facebook & YouTube.

**Bi-weekly Online Sessions - Wednesday 5:00 – 6:00pm**

### Mentoring

Through Easterseals MA mentoring programs we strive to bring together people with disabilities to connect and learn from one another. We invite disabled individuals to join in the community that will best fit them. Our mentoring programs include both community groups as well as an overnight retreat. During this time, we are offering weekly online groups as a way to offer a space for these groups to continue to connect as well as discuss and learn about topic important to them.

- **Thrive – Thursday 5:00 – 6:00pm, E-mail for dates and link** Open to women with disabilities or anyone that feels they would benefit from this community 14+. To sign up or learn more if Thrive is right for you contact Desi [dforte@eastersealsma.org](mailto:dforte@eastersealsma.org)
- **B.A.D. (Brothers Against Discrimination) - Thursday 5:00 – 6:00pm, E-mail for dates and link** Open to men with disabilities or anyone that feels they would benefit from this community 14+. To sign up or learn more if B.A.D. is right for you contact Patrick: [premy@eastersealsma.org](mailto:premy@eastersealsma.org)

**All programs above are free to join at any time! No commitment necessary to sign up. Reach out today for registration & login information.**

**[Youth@eastersealsma.org](mailto:Youth@eastersealsma.org) | (617) -226-2855**

**[youth.eastersealsma.org](http://youth.eastersealsma.org)**



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