



## The disAbility Resource Center

409 Progress Street, Fredericksburg, Virginia 22401

Phone: 540-373-2559 ▪ Fax: 540-373-8126 ▪ TTY: 540-373-5890 ▪ Toll Free: 800-648-6324

Website: [www.cildrc.org](http://www.cildrc.org)

# Ongoing Events 2011

## Adult Advocacy Group (A-TEAM) (age 22 and above)

**Get involved and make a difference!**

Fridays, 2 – 3:30pm, Contact: Shawn Lawrence, [slawrence@cildrc.org](mailto:slawrence@cildrc.org)

## Health and Wellness Exercise Program

**Let's get moving!** For people with disabilities and their caretakers **Tuesdays, 10:30-11:30am,**

Contact: Tennie Gratz, [tgratz@cildrc.org](mailto:tgratz@cildrc.org)

## Fredericksburg Regional Autism Action Group

**Addresses the needs of individuals of all ages on the Autism spectrum**

**4<sup>th</sup> Thursday of the month, 1-3 pm, Contact: Kim Lett, [klett@cildrc.org](mailto:klett@cildrc.org)**

## Youth Leadership Team (YLT)

**It's Your Life...You Lead!** Tuesdays, 3-5pm (during the school year) Transportation to meetings from school provided Contact: Jenny Fain, [jfain@cildrc.org](mailto:jfain@cildrc.org)

## Happy Hands

**Great fellowship!** Get together for Deaf Seniors the last Monday of the month, 12:30-3pm, Contact: Arva Priola, [apriola@cildrc.org](mailto:apriola@cildrc.org)

## Parkinson's Support Group

**Friendship, Understanding and Support!** Meets the 4<sup>th</sup> Wednesday of each month.

Contact: Earline Haney, [540-371-7334](tel:540-371-7334)

## Adult Aspergers Social Group

**Organizational meeting**

Friday March 25<sup>th</sup>, 7-9pm, Contact: Robin, [Rw8389hs@aol.com](mailto:Rw8389hs@aol.com)

**For all workshops at the disAbility Resource Center, please request accommodations at least ten (10) days prior to event date.**