

December Peer Support Events

DISABILITYnetwork

Northern Michigan

Men's Group | he/him/his | they/them/theirs

Disability Network invites you to virtually join us on Mondays through December 20th at 10:00 am for our Men's Group. This group is for men in our community seeking support, an opportunity to learn new skills and a chance to connect with other men with disabilities.

Quarantine Cooking

Virtually join us for Quarantine Cooking on Tuesday, December 14, at 2:00 pm as we demonstrate how to prepare and cook food using different adaptable tools making cooking accessible for all. It does not matter what your kitchen skill level is, Quarantine Cooking is open to beginners and master chefs alike. Learn, share and connect with your peers!

Virtual Accessible Gaming Group

Disability Network is excited to share the Virtual Accessible Gaming Social Group as a way for people with disabilities to connect online and play together. Visit online at disabilitynetwork.org/events/ for current virtual gaming group event descriptions and registration details.

Adult Peer Advocacy Group

Disability Network invites you to virtually join us for our online Adult Peer Advocacy Group Zoom Meeting on Thursday, December 2, at 2:00 pm. Learn how to advocate for your needs and the needs of others. Learn leadership skills. Voice what is important to you!

Youth Peer Advocacy Group | Be the Influence

Disability Network invites you to join us on every other Thursday on December 2, 16 and 30, from 4:00 to 5:00 pm for our Youth Peer Advocacy Group, Be the Influence. The Youth Peer Advocacy Group will teach youth with disabilities the skills needed to advocate for their needs and empower them to support those with disabilities within their community. Registration details online at disabilitynetwork.org.

SPIRIT Club

Are you looking for an opportunity to move your body? Have you lost access to exercise programs and gyms due to COVID-19 or are you just looking for a fun group of people to find the motivation? Virtually join us on select Wednesdays and Fridays in December at 10:00 am for this free program featuring accessible exercise moves by certified instructors. Visit online at disabilitynetwork.org/events/ for program dates and registration details.

Parent Network

Parent Network guides families with youth and adults with disabilities to the many supports available through healthcare and educational resources. We welcome you to virtually join us on Tuesday, December 21, at 7:00 pm for our Parent Network meeting.

New Year's Eve Virtual Gaming Celebration

Let us welcome in the New Year with a celebration of all the great games that the Accessible Gaming Social Group Program has played this year. Virtually join us on December 31, from 6:00 to 8:00 pm as we celebrate the New Year playing Among Us, Jackbox Games, Fortnite, Minecraft and an end-of-night raffle of prizes for participants. Visit online at disabilitynetwork.org/events/ for registration details.

Let's Connect

Disability Network Northern Michigan supports a community of people with disabilities and their families. We have the tools to support you during this challenging time. Please visit disabilitynetwork.org for up-to-date information on our community's response to COVID-19 and our weekly virtual online events.

231 922 0903 | info@disabilitynetwork.net | disabilitynetwork.org



New Year's
Eve Virtual
Gaming
Celebration

December 31
6 to 8 pm

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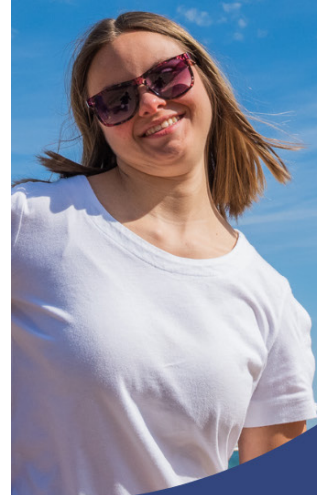
Northern Michigan

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Together, we
can be a part
of something
bigger.



Together
We Give

October 1 - December 31, 2021