

# November Peer Support Events

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

Disability Network invites you to virtually join us on Mondays 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. We will work on managing stress, frustrations and issues they may be experiencing around social distancing.

## Quarantine Cooking

Virtually join us for Quarantine Cooking on Tuesday, November 9, 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. Come 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/](https://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, November 4, 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 Northern Michigan invites you to join us on every other Thursday from 4:00 to 5:00 pm starting on October 7, 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 to empower them support those with disabilities within their community. Registration details online at [disabilitynetwork.org](https://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 Wednesdays and Fridays at 10:00 am for this free program that will provide you with experienced, certified instructors guiding you through exercise moves that are accessible and challenging for all.

## 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, November 16, at 7:00 pm for our Parent Network meeting.

## 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](https://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](mailto:info@disabilitynetwork.net) | [disabilitynetwork.org](https://disabilitynetwork.org)



Together, we  
can be a part  
of something  
bigger.



Together  
We Give

October 1 - December 31, 2021

Every single  
person has the  
power to change  
the world.

GOING  
TUESDAY  
November 30, 2021

