

IMPACTFUL

EMPOWERING

INDEPENDENCE

POSSIBILITIES

CONNECTIONS



## September Peer Support Events

### Men's Group

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.

### Women's Group

Disability Network invites you to virtually join us on Monday, September 13 and 27, at 10:00 am for our Women's Group, Sharing Herstory. We are living in an unprecedented time of social distancing and sheltering in place. We all may be feeling a bit isolated and confused. This is not a face to face meeting, but a virtual meeting that can be done via the computer or by phoning in.

### Quarantine Cooking

Virtually join us for Quarantine Cooking on Tuesday, September 14 and 28, 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.

### Peer Advocacy Group

Disability Network invites you to virtually join us for our online Peer Advocacy Group Zoom Meetings on Thursday, September 2 and 16, 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!

### 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 Fridays at 11:00 am and Wednesdays at 3:00 pm 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, September 21, at 7:00 pm for our Parent Network meeting.

### We Care About You, 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.