

# Participation Information

Easterseals Youth Leadership Network  
(YLN)

Weekly, Tuesday's 4:45pm-5:45pm  
<https://us02web.zoom.us/j/248116226>

to Join email Patrick Remy  
<PRemy@EASTERSEALSMA.org>

Permit Group  
(virtual)

Thursday's 5:00-6:00pm  
Sign up/email for link  
[rknipe@centerlw.org](mailto:rknipe@centerlw.org)

Peer Support Group

'Managing Stress/Mindfulness'

Tuesday, June 10th 4-6pm

Kindly RSVP by 6/6  
email: [rknipe@centerlw.org](mailto:rknipe@centerlw.org)  
[jmanning@centerlw.org](mailto:jmanning@centerlw.org)  
[msabr@centerlw.org](mailto:msabr@centerlw.org)

## Transition to Adulthood Program (TAP)

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	YLN 3 4:45p-5:45p	4	Permit 5 Group 5:00-6:00pm	6	7
8	9	Peer Social 10 Group 4-6pm	11	Permit 12 Group 5:00-6:00pm	13	14
15	16	YLN 17 4:45p-5:45p	18	Holiday 19 CLW Closed	20	21
22	23	YLN 24 4:45p-5:45p	25	Permit 26 Group 5:00-6:00pm	27	28
29	30					

June 14 - Flag Day

June 15 - Father's Day

June 19 - Juneteenth

# Managing Emotions and Stress at Work

Identifying emotions and managing feelings are crucial for transitioning into adulthood and fostering successful relationships and professionalism in the workplace.

**Tuesday, June 10th**  
**4 to 6 PM**

RSVP deadline of June 6th  
[rknipe@centerlw.org](mailto:rknipe@centerlw.org)  
[jmanning@centerlw.org](mailto:jmanning@centerlw.org)  
[msabr@centerlw.org](mailto:msabr@centerlw.org)

- Recognize work-related stress
- Prevent feelings of being overwhelmed
- Develop problem-solving skills.
- Hear personal Stories from staff
- identify support resources to help prevent negative outcomes

