

Whole Children Spring 2020 Class Schedule

MONDAY, APRIL 13 - SATURDAY, JUNE 13, 2020

Social Skills At Whole Children

At Whole Children, we use a learn-by-doing approach to teach the everyday social skills many of our kids struggle with. We've found that modeling and encouraging positive social interactions within the context of our interest-based classes is one of the best ways to build skills, develop confidence, and foster lasting friendships. In our discussion-based classes, like *Growing Up* and *Boundaries & Relationships*, we talk about and practice social skills in an active, hands-on environment.

Look for the following Core Competencies in all our class descriptions: Communication, Perspective Taking, Teamwork, Community Building, Boundaries & Relationships, Social Awareness, Confidence, Self-Advocacy, Self-Regulation, Critical Thinking, and Creative Thinking.

If you are new to Whole Children, please call 413-585-8010 to sign up for an introductory meeting with Associate Director Julie Hooks.



CLASSES FOR YOUNGER FOLK (AGES 3-6)

Morning Movement & Play

This preschool social group focuses on expanding communication by meeting kids at their developmental level and building on their strengths. Once the children can play in a room together without trying to influence one another's behavior - parallel play - they advance to direct interaction and cooperation. *Target Skills: Self-Regulation, Social Awareness, Creative Thinking*
Saturdays, 10 -11 a.m., \$130

Building Buddies

Build a K'Nex rocket ship, a three-story Lego castle, or a giant tower of blocks to knock down with your friends! Building Buddies provides a great space with fun building materials and other toys. Both parallel and cooperative playmates are welcome. *Target Skills: Critical Thinking, Self-Regulation, Social Awareness*
Saturdays, 11 a.m.-12 p.m., \$130

Class Discounts

Classes for children who are deemed eligible through the Hampshire/Franklin Department of Developmental Services are \$100 unless otherwise noted. Take two or more regularly priced classes and get a 15 percent discount (excludes DDS reduced-price and grant-funded classes).

Sibling discount (in same class): 25% off one
Scholarships are available. Ask at the front office for details and an application.

CLASSES FOR SCHOOL AGE KIDS (AGES 7-12)

Joyful Chorus

Encapsulating the spirit of Whole Children, our Joyful Chorus is a truly inclusive, and, of course, joyful opportunity for students to come together in song with teachers and volunteers. *Target Skills: Teamwork, Community Building, Confidence, Communication*
Mondays, 4-5 p.m. (ages 8+), \$25

This class will run from April 6- June 8 due to the Music Director's schedule.

This class is supported by a grant from the Department of Developmental Services. Singers must consent to being photographed and videoed, and are expected to participate in a number of community performances.

Monday, April 13 – Saturday, June 13

No classes: April 20-25, May 23 & 25

Dungeons & Dragons

Come take part in a unique role-playing experience where you and other members of your adventuring party create characters, overcome obstacles, and explore the world. Veteran players and newcomers are welcome. Students are encouraged, but not required, to bring their own polyhedral dice set. *Target Skills: Teamwork, Community Building, Creative Thinking, Communication*
Fridays, 4-6 p.m. (ages 11+), \$220, Franklin/Hampshire DDS price \$150

Indonesian Kung-Fu I

In Indonesian Kung-Fu, or "Silat," students learn both physical and verbal self-defense and martial arts skills, with a focus on cooperation, respect, self-awareness, and self-control. Students earn belts and stripes at their own pace, while learning the values of hard work and determination. Each session culminates in a presentation and board-breaking demonstration! Families may purchase shirt, belt, and pants from the instructor once the session has started. *Target Skills: Confidence, Self-Advocacy, Self-Regulation*
Fridays, 4:45-5:45 p.m. (ages 6-12), \$145

Growing Up

This class teaches kids about friendship and social skills, personal boundaries, and becoming more comfortable within a group dynamic. There will also be discussion and practice of consent and self-advocacy. Teachers use lots of visuals, social stories, and choice boards. *Target Skills: Self-Advocacy, Self-Regulation, and Self Awareness*
Saturdays, 10-10:45 a.m. (ages 7-12), \$130



Parents/caretakers are required to stay on the premises while their pre-teen children are participating in classes unless other arrangements have been made with our Associate Director.

Minecraft Explorations

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! However, players are not alone. On our designated Minecraft Server, students interact with one another while being in the game world and in the same room. Teachers are ready to help those just learning to play, and to model appropriate social skills. Minecraft at Whole Children promotes cooperation and enhances students' ability to negotiate space and resources. **"Minecraft for PC Java Edition" is required. A personal account can be purchased at Minecraft.net for \$26.95. (Note: the tablet account version does not work for this class.)** *Target Skills: Perspective Taking, Communication, Community Building*
Saturdays, 11 a.m.-12 p.m., and 1-2 p.m. (ages 7-12), \$130
(An additional class may be added at 10 a.m. if enrollment numbers allow.)

Board Games & Puzzles

We love playing games here! Bring your own board game or choose from the dozens in our collection. What's your favorite kind of puzzle? Let us know before class starts and we'll include it if we can. Bring your (nut-free) lunch or snack if you like. *Target Skills: Communication, Teamwork, Critical Thinking*
Saturdays, 12-1p.m. (ages 7-12), \$130

Kickball

Play ball! We play outdoors when the weather's nice and in our gym when it's not. *Target Skills: Teamwork, Community Building, Confidence*
Saturdays, 1-2p.m. (ages 7-12), \$130

Pokémon and Gaming Club

Come join us for an hour of poké-fun and social games. Our club hosts a variety of activities each week, giving up-and-coming Pokémon masters a chance to chat, draw, trade, and battle in a comfortable and friendly environment. We welcome all aspects of the Pokémon universe, so feel free to bring your cards, video games, toys, and anything else you would like to share. *Target Skills: Communication, Community Building, Perspective Taking*
Saturdays, 2:15-3:15 p.m. (ages 7-12), \$130

CLASSES FOR TEENS PLUS (AGES 13 AND UP)

Joyful Chorus

Encapsulating the spirit of Whole Children, our Joyful Chorus is a truly inclusive and, of course, joyful opportunity for students to come together in song with teachers and volunteers. *Target Skills: Teamwork, Community Building, Confidence, Communication*
Mondays, 4-5 p.m. (ages 8+), \$25

This class will run from April 6- June 8 due to the Music Director's schedule.

This class is supported by a grant from the Department of Developmental Services. Singers must consent to being photographed and videoed, and are expected to participate in a number of community performances.

April Vacation Session

Monday-Friday, 9 a.m. - 3 p.m., April 20-24

School's out but we're keeping things fun and active in April.

Join us for 5 days of games and activities. There will be a mix of everything "Whole Children" at this camp - board games, gym games, video games, Pokémon, Legos Manga, Animé, cooking, and a movie! Come and enjoy your favorites or try something new! We have free-choice options and opt-out/quiet time opportunities too! Please bring a nut-free lunch and a snack each day. \$225, Franklin/Hampshire DDS price: \$150

Two separate programs: School-Age Kids (ages 7-12) and Teens (ages 13-17)

Filmmaking

Roll it! Let our experienced teachers help you make your own films. We work on creating stories, shooting scenes, and editing.

Target Skills: Creative Thinking, Community-Building

Tuesdays, 4- 5p.m. (ages 13+), \$145

Harry Potter Club

Welcome to Harry Potter Club where we explore all of the magical elements of the Potterverse! We play games and discover our patronus, wand, and Hogwarts house. Join us to hang out with fellow Harry Potter fans, watch a movie, and discuss the books and all things Harry Potter! *Target Skills: Critical/Creative Thinking, Communication, Community-Building*

Tuesdays, 4- 5p.m. (ages 16+), \$145

Game Design

Let's make some video games! In this class, creative students put their ideas into action, with help as needed on the harder parts. We teach basic coding skills through manipulating blocks of code. Students design characters, objects, and even entire worlds.

Target Skills: Creative Thinking, Communication, Perspective Taking

Tuesdays, 5-6 p.m. (ages 13+), \$145

Whole Children Refund Policy

Full refunds will be given for classes that are cancelled.

If a registered paid participant is unable to attend the class and notifies us one week prior to the start of the session, a refund will be made minus a \$10 processing/administrative fee.

No refunds will be given once the program has started except under extreme circumstances or for new students trying a class for the first day of the session.

Friendship Band

Ever want to be in a band? Now's your chance! Whether or not you already play an instrument, join us to make friends while rocking out. Our instructors teach voice and instruments, and emphasize making quality music together. *Target Skills: Teamwork, Community Building, Confidence, Communication*

Tuesdays, 5-6 p.m. (ages 16+), \$145
Friendship Band is supported by a grant from the Department of Developmental Services. Musicians must consent to being photographed and videoed, and are expected to participate in a few community performances that will be scheduled.



Dance Movement

Get your body moving and groove to some popular tunes with your friends. Song requests are definitely taken! *Target Skills: Confidence, Self-Regulation Creative Thinking.*

Wednesdays, 4:30-5:30 p.m. (ages 13+); \$145

Art Explorations

This class is for everyone with an interest in exploring the visual arts – whether you're an accomplished artist or someone looking to discover your creative side. We do a little bit of everything: drawing, painting, printmaking, fiber arts, and collage. So come learn a new artistic technique, practice a known one, or bring one of those unfinished projects from home that you just haven't gotten around to finishing. This class offers a casual atmosphere with knowledgeable teachers on hand to help with suggestions and expertise. *Target Skills: Creative Thinking, Perspective Taking*
Wednesdays, 4:30-5:30 p.m. (ages 16+), \$145

Theater Shorts

Our Theater Director introduces a number of performance styles as students take part in wonderfully staged highlights of classic theater productions. *Target Skills: Teamwork, Confidence, Communication*
Thursdays, 4-5 p.m. (ages 13+), \$100
This class is supported by grants from DDS and the Fafard Fund.



Song & Dance: *High School Musical* *NEW CLASS*

Watch and learn the songs and dances from *High School Musical*. We start each class with a clip from the movie, then try out some of our favorite songs and dances - or make up our own! *Target Skills: Teamwork, Community Building, Confidence*
Thursdays, 5-6 p.m. (ages 13+), \$145

Jazzercise

This class keeps you moving to the beat. It combines dance with strength and resistance movements to give you a great workout. *Target Skills: Confidence, Self-Regulation, Critical Thinking*
Thursdays, 5:15-6 p.m. (ages 13+), \$145

Cooking Around the World

Thursday Cooking is taking on a whole new flavor. Do you like Mexican quesadillas, Chinese fried rice, or Moroccan stew? We make these and other favorite international dishes, then sit down to dinner together. *Target Skills: Teamwork, Communication, Community Building*
Thursdays, 6-7:15 p.m. (ages 16+), \$180 + \$20 food supply fee, Franklin/Hampshire DDS price; \$100 + \$20 for food supply fee

Dungeons & Dragons

Come take part in a unique role-playing experience where you and other members of your adventuring party create characters, overcome obstacles, and explore the world. Veteran players and newcomers are welcome. Students are encouraged, but not required, to bring their own polyhedral dice set. *Target Skills: Teamwork, Community Building Creative Thinking*
Fridays, 4 - 6 p.m., (ages 11+), \$220, Franklin/Hampshire DDS price \$150

Indonesian Kung-Fu II

In Indonesian Kung-Fu, or "Silat", students learn both physical and verbal self-defense and martial arts skills, with a focus on cooperation, respect, increasing self-awareness, and self-control. Students earn belts and stripes at their own pace, while learning the values of hard work and determination. Each session culminates in a presentation and board-breaking demonstration! Families may purchase shirt, belt and pants from the instructor. *Target Skills: Confidence, Self-Advocacy, Self-Regulation*
Fridays, 6-7 p.m. (ages 13+), \$145

Introduction to Boundaries & Relationships

This class is designed to help kids, even those who have second thoughts about being in a class like this, enjoy learning about all the changes they'll encounter as they journey through their teens to adulthood. Starting off with understanding that what they think and feel is important, they learn about consent, boundaries, personal space, and appropriate touch with people in their lives. Other topics may include body changes, personal hygiene, public and private, levels of trust, identifying feelings, and romantic relationships. Class curriculum is always tailored to meet the specific needs and interests of the group. *Target Skills: Boundaries and Relationships, Confidence, Self-Advocacy, Communication*
Saturdays, 10-11 a.m. (ages 13-17), \$130



PVTA Excursions

Venture out into the community on the bus with friends under the watchful eyes of Whole Children teachers. Learn how to read the bus schedule, navigate to nearby destinations, and ask the driver for assistance. Each week we have a different destination in Northampton, Hadley, or Amherst. Please bring a nut-free snack and \$3/day for bus fare. *Target Skills: Communication, Community Building, Social Awareness*

Saturdays, 10 a.m.-12 p.m. (ages 13+), \$195, Franklin/Hampshire DDS price: \$150



Looking to get more involved? Come to our next board meeting here at the ICC on May 19 at 7pm, where we'll talk about ways to support and guide the future of Whole Children. Refreshments will be on hand! Questions? Call Julie at 413-585-8010.

Manga Club

This club explores the world of Japanese comic books (Manga). Each class starts with a short lesson on drawing and storytelling, and moves on to an open drawing period in which students write and draw material that will be compiled into a small book. Even if you're only interested in writing, or only in drawing, or you just want to help organize the book, there is a place for you! *Target Skills: Critical/Creative Thinking, Community Building, Communication*
Saturdays, 11 a.m.-12 p.m. (ages 13+), \$130

Animé Lunch

Join your friends for lunch as we watch a student-selected Animé each week. Animé can contain both good and somewhat questionable messages about society and values, so after the film our teachers invite students to participate in thoughtful reflection and discussion. Please bring a nut-free meal. *Target Skills: Social Awareness, Perspective-Taking, Critical Thinking*
Saturdays, 12-1 p.m. (ages 13+), \$130

Students with Down Syndrome may be eligible for scholarships from the Down Syndrome Resource Group. Please call us for more information.

Terraria *NEW CLASS*

Minecraft isn't the only pixelated world that you can build, craft and explore. For the first time, we are offering a class for students that want to delve into the pixelated, 2D world of Terraria. Fight monsters, discover treasures and even make a secret base with a couple of friends. Whether you are a veteran player or want to try something new, we welcome everyone! We will primarily play on PC, but you are welcome to bring tablets or consoles that have Terraria pre-installed. *Target Skills: Critical Thinking, Social Awareness, Perspective-Taking*
Saturdays, 12-1 p.m. (ages 13+), \$130

Video Game Extravaganza

We host a variety of fun activities, giving up-and-coming gamers a chance to play and chat in a comfortable and friendly environment. Play new games, classic games or old favorites! Gamers should feel free to bring their Pokémon cards, video games, toys and anything else they would like to share. *Target Skills: Communication, Community Building*
Saturdays, 1-2 p.m. (ages 13+), \$130

Minecraft and Gaming

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! However, players are not alone. On our designated Minecraft Server, students interact with one another while being in the game world and in the same room. Not in the mood for Minecraft every class? We have expanded the class to include video games of all kinds! *Target Skills: Perspective Taking, Communication, Community Building*
Saturdays, 2:15-3:15 p.m. (ages 13+), \$130



Special Events This Spring

Video Game Night: Friday, June 5, 6:30-8:30 p.m. (all ages) FREE!

Come join us for video games and snacks with your friends. Remember to bring a nut-free appetizer, dessert, or a drink to share.

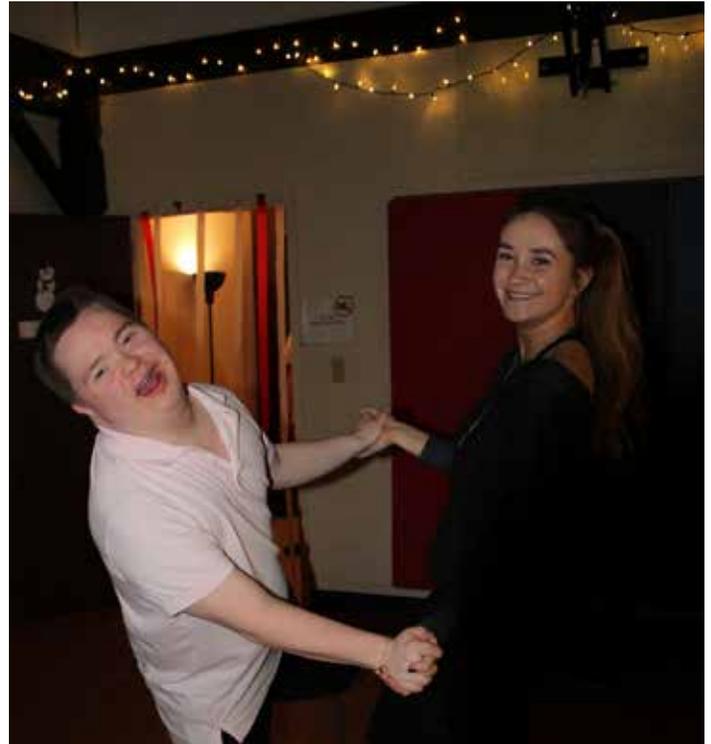


Sibling Workshop, Sunday, Dates to be announced. (ages 7-12), FREE, including snack

This workshop is designed for siblings of kids with disabilities. Time for them to get some special attention, and get to know one another! Siblings will join Chrissy D'Agostino, M.A. and Julie Arroyo, M.S.W. for an afternoon of cooking, arts and crafts, sharing experiences, games, and making friends. The day concludes with a yoga practice and final reflection on "our superpowers as siblings".

Celebrate Spring Dance Party, Friday, May 8, 6:30-8:30 p.m. (all ages), FREE!

Let's welcome the spring! We'll have video games in the back if that's more your style. Remember to bring a nut-free treat or a drink to share.



Appalachian Mountain Club (AMC) Day, April 19, with rain date of May 17 (all ages), \$25

If we can't go to the mountain, the AMC will come to us! Whole Children is collaborating with the AMC to offer three 2-hour sessions for your kids. Fascination stations will help us to explore interesting parts of the outdoors, and we'll talk about what 'Leave No Trace' means. Come join us at Look Park on a beautiful spring day for outdoor games and fun!

10 A.M. - 12 P.M. (ages 7-12)

12 - 2 P.M. (ages 13-17)

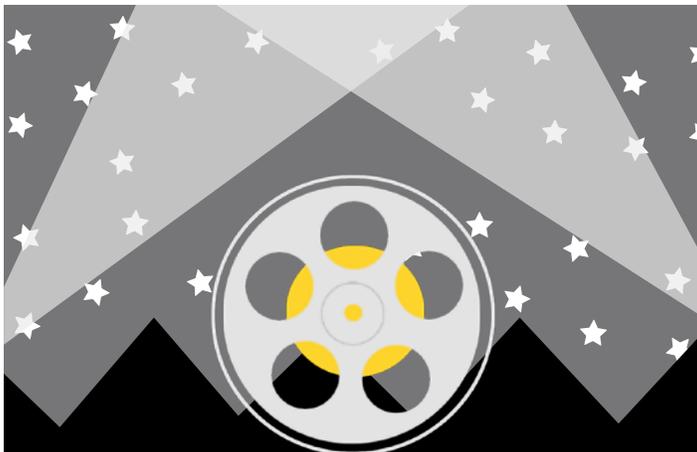
2 - 4 P.M. (ages 18+)



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A Pathlight Program
Inclusive Community Center
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WHOLE CHILDREN & MILESTONES FILM FESTIVAL

FOCUS ON DISABILITY: AN EVENING OF FILM AND DISCUSSION
SHINING A LIGHT ON PEOPLE WITH DEVELOPMENTAL DISABILITIES

HOSTED BY WHOLE CHILDREN & FIVE COLLEGE REALTORS

Whole Children Film Festival, \$15

Whole Children is proud to partner with Five College Realtors to present the **Focus on Disability Film Festival**, shining the light on people with intellectual disabilities. This year, we have a roster of short films spotlighting the importance of performing and visual arts in the lives of people with disabilities. We will also be viewing the world premiere of *This is Me*, a Pathlight-made original film, focusing on Whole Children's theater program. Our focus is on diversity and overcoming challenges, while incorporating art in the lives of people with disabilities. The screening will be followed by a reception and panel discussion moderated by author Cammie McGovern.

Visit www.wholechildren.org to buy your tickets today!



Register at www.wholechildren.org or call us at 413-585-8010 Whole Children is a program of Pathlight, Springfield, MA.