



MAKING HEALTHY CONNECTIONS

GROUP MENTORING FOR YOUTH WITH DISABILITIES



A program at **Partners for Youth with Disabilities**, MHC empowers youth with disabilities to understand their health care needs, access community resources, and connect with peers.

Who: Teens and young adults with disabilities, ages 14-22

When: Saturday afternoons from January to June 2015

Where: Hawthorn Health, Springfield

Cost: \$75 per year

Parent Support Group meets concurrently.

What will I learn?

- Transition to adulthood
- Independent living skills
- Relationships
- Health, fitness, & nutrition
- Understanding your rights
- And more!



Partners for
Youth with Disabilities

To learn more or sign up:

Contact Susan Nicastro at
413-584-0455 or mhc@pyd.org

