

W.A.T.C.H. M.E.! Week

Although the disABILITY LINK programs are available to all of their consumers, *W.A.T.C.H. M.E.!: When Advocacy and Teamwork Combine, “Help” Means “Empowerment!”* is a week’s worth of activities dedicated to the *disABILITY LINK* consumers between the ages of 14 and 29.

Light snacks and beverages may be provided to the participants during the activities that take place in the disABILITY LINK office or any other noted location. If there are any questions or concerns and/or if there are dietary/accessibility accommodations that need to be made, please contact, Sukhwa Glick, Youth Independent Living Specialist, at 404-687-8890; ext. 120, or by email: SGlick@disabilitylink.org.

Monday: 01/12/2015 – Thursday: 01/15/2015 & Saturday: 01/17/2015

2 PM – 4 PM **Must-Know Monday**

An opportunity to learn about *disability history*. At the end of this presentation, there will be an opportunity to win prizes!

Contact person(s): Sukhwa Glick and Danny Housley

Please, come with: Nothing is necessary for this activity.

disABILITY LINK
1901 Montreal Rd.
#102
Tucker, GA 30084
404-687-8890

2 PM – 4 PM **Training Tuesday**

Hands-on IL skills/mobility training day with the focus on MARTA transportation. On this day, the goal(s) are to gain confidence with riding the fixed line, and the steps necessary leading to this, by doing so firsthand.

Contact person(s): Sukhwa Glick and Ken Mitchell

Please, come with: Any adaptive equipment you may use for transportation, funds to purchase/reload Breeze cards.

MARTA-Decatur
Station
Decatur, GA 30030

1:30 PM – **Wellness Wednesday**

2:30 PM 20-min. Zumba session.

disABILITY LINK
Wellness Center
1901 Montreal Rd.

Contact person(s): Sukhwa Glick and
Travis Evans

#102

Tucker, GA 30084

Please, come with: Nothing is
necessary.

404-687-8890

1 PM – 3 PM ***Thrifty Thursday***

An opportunity to make independent financial decisions, and to become aware of the details needed to participate, successfully and independently, in this area of the community.

LOST-N-FOUND Thrift
& Consignment Store

2585 Chantilly Dr.

Atlanta, GA 30324

678-856-7824

Contact person(s): Sukhwa Glick

Please, come with: As much money as
you choose to spend. Keep in mind, the
items that you purchase are your
responsibility.

1 PM – 3 PM ***Social and Selfie Saturday***

A day to reflect on the achievements of the past week [or in general.] Gaming on the Wii. And planning for the future activities.

disABILITY LINK

1901 Montreal Rd.

#102

Tucker, GA 30084

404-687-8890

Contact person(s): Sukhwa Glick

Please, come with: Nothing is
necessary.