



SPARKS GROUP

A SELF-ADVOCACY GROUP FOR ADULTS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES

Fourth Tuesday of Every Month
6:00 PM – 7:30 PM

SPARKS is MHA's self-advocacy group for persons aged 18 and over who have an I/DD (Intellectual Developmental Disability). The group is coordinated by MHA staff and members are encouraged to review and discuss information related to self-advocacy and apply it toward verbalizing opinions, scheduling and time management, nutrition and finance, and effective conversation skills. The participants drive the direction the meetings take.

Notifications for meetings are sent via an emailed flyer. RSVPs are requested in advance of scheduled meeting.

Meeting locations vary monthly. Locations include MHA's office in Middletown, regional meeting sites both in Rockland and Sullivan counties, local event venues, and places of interest to the group. The group has met to play tennis, for dinner and a movie, had discussions at a local park and walked a fitness trail.

THERE IS NO CHARGE TO ATTEND, HOWEVER MEMBERS ARE RESPONSIBLE FOR THEIR OWN PURCHASES.

PRE-REGISTRATION IS REQUIRED.

For registration, information, directions or if you need special accommodations please contact:

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Developmental Disabilities
Family Support Division
Manager*

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