# Discover More



## **Recreation: Fall Session 2**

The Bridge Center provides inclusive recreational programs for individuals of all ages and abilities in a fun, supportive environment. We accept rolling registrations based on availability.







### **Culinary Creations (Ages 18+)**

Fall 2 Session: October 30 - December 18, 2024

Learn to follow a recipe **each week** and try a new meal. Participants create a recipe book to bring home at the end of the session.

- Session 1: Wednesdays 4:00 5:15 p.m.
- **Session 2:** Wednesdays 5:30 6:45 p.m.
- Cost per Session: \$240

## Parent & Caregiver Group: Speaker Series & Support

Parents and caregivers are invited to **meet monthly** for a speaker series dedicated to disability issues that directly affect the individuals they care for. Learn helpful information in a supportive environment with others who have shared experiences.

**Cost Each Session: FREE** 

Parents and caregivers can sign their child or adult up for a social activity group that takes place during the same 1.5-hour session.

Cost Each Session: \$30

#### Group 1: Parent & Caregivers of Children & Teens

Monday, November 4, 2024, at 6:00 p.m.: Intro to the Parent & Caregiver Speaker Series and Welcome Celebration to a Supportive Community.

Monday, December 2, 2024, at 6:00 p.m.: Topic TBD

#### **Group 2: Parent & Caregivers of Young Adults & Adults**

Monday, November 18, 2024, at 6:00 p.m.: Intro to the Parent & Caregiver Speaker Series and Welcome Celebration to a Supportive Community.

Monday, December 16, 2024, at 6:00 p.m.: Topic TBD





For more info, visit our **website** or scan the QR code above.

For questions, email <a href="mailto:tbc@eastersealsma.org">tbc@eastersealsma.org</a>.



470 Pine Street, Bridgewater, MA 02324 617.737.6658 • eastersealsma.org







