

Circles of Communication

Virtual Activity Groups for EVERY body

A full schedule of wellness classes and special interest social groups for teens and adults of all abilities

Learn more!



A private practice that combines developmental speech language therapy, experiential learning, play, yoga, and wellness practices to promote confidence, self-expression and a love of life-long learning.

Circles of Communication - Virtual Class Schedule

MONDAY	2pm	Disney Chat Club
	4pm	Sit & Stretch*
	4pm	Collaborative Comic Book Creation*
	5pm	Animal Chat Club
	6pm	Grateful Drumming

TUESDAY	11am	Technology*
	3pm	Collaborative Comic Book Creation*
	3:30pm	Chair Yoga
	4pm	Move & Groove
	4:30pm	Special Interest Chat Club
	5pm	Sit & Stretch*
	6pm	Bingo Club
6pm	Sexual Education (6-weeks, 1/28/25)*	

WEDNESDAY	11am	Mindful Mornings
	5pm	Bingo Club*
	5pm	Technology*
	6pm	Music Appreciation Chat Club

THURSDAY	4pm	Mindfulness, Movement & Music
	5pm	Disney Chat Club
	6pm	Disney Chat Club
	6pm	Chair Yoga*

FRIDAY	12:30pm	Mindful Mornings*
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SATURDAY	10am	Disney Chat Club
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SUNDAY	10am	Adaptive Dance
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***Class will start as soon as there are registered students!**

Calling All Disney Lovers!

Disney

PIXAR

Chat Club

*For teens and
adults of
all abilities!*

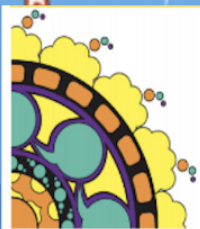
**Monday, 2pm
Thursday, 5pm & 6pm
Saturday, 10am**

*DDD funding
accepted!*

**You are invited to chat with us about
your favorite Disney movies in a
safe, comfortable, and welcoming
virtual space (via Zoom)**

Taught by Leah Barron

- Over 20 years of experience teaching neurodivergent students
- Certified Special Education Teacher
- Co-Founder of Inclusion Festival
- Certified Yoga Instructor



Circles of
Communication

Contact Leah to Register: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

SIT & STRETCH

Monday at 4pm or Tuesday at 5pm

Find your center and get grounded in body and mind with this gentle class. In chair yoga, we practice our poses while seated and standing using a chair for support. We will also incorporate movements inspired by the ancient practice of qigong, with cross-body and side-to-side motions to aid in balance and fall prevention, while enjoying some of our favorite songs from yesterday and today. Designed to mindfully increase range of motion while meeting students where they are, it is truly everyBODY's yoga! Benefits of chair yoga include increased strength and mobility, stress reduction, and socialization.



DDD funding accepted!
For teens & adults of all abilities!



Circles of Communication

Taught by
Lisa Mo



An inclusive, nature-loving, down-to-earth,
independent 500-hr Registered Yoga Teacher

Registration or Questions: yogaforallabilities@gmail.com or 908-892-4323
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COMIC BOOK CREATION

A collaborative writing process

For teens & adults of all abilities!

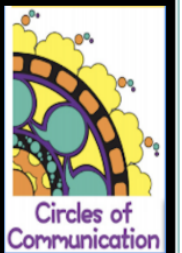
DDD Funding Accepted!

Write
Draw
& Share!

Mon at 4pm
or Tues at 3pm

Via Zoom

Taught by
Pete Kozak



Pete Kozak (M.Ed) has worked as an educator, therapist, and coach for the past 15 years, and most recently founded a non-profit called **Especially Everyone**, whose mission is to create inclusive environments through music. His passion for helping others discover their purpose is the theme in all of the work he does, and he is constantly looking for ways to bring people together in meaningful ways.

Contact Leah to register...

yogaforallabilities@gmail.com
908-892-4323

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ANIMAL CHAT CLUB

Monday, 5pm

Via Zoom

DDD
Funding
Accepted!



For teens &
adults of
all abilities!

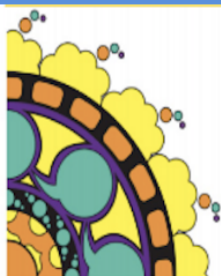


Conversations, sharing, and learning about your favorite animals with other people who also love animals! Classes will provide a safe, comfortable, and welcoming experience for all involved!



Taught by Liz Stamat

Liz is a Special Education Tutor who graduated from Kean University with a BA in Psychology and Minored in Speech and Hearing Sciences. She wears many hats at Circles of Communication, primarily supporting client's through direct instruction and by teaching online classes. She is always willing to help out and to learn new ways to assist client's in achieving their goals in a safe environment. When she's not working, Liz enjoys playing Dungeons and Dragons, Yu-Gi-Oh, video games, and listening to podcasts about animals and nature.



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GRATEFUL DRUMMING

Monday, 6-7pm
via Zoom

Say "YES" to fun in your life! Drumming with others is an ancient practice that people have used for millennia all over the globe to feel free to connect, heal, learn and celebrate.

No prerequisites - all are welcome! No prior musical experience is necessary - we won't be reading any musical notation, and having a drum is optional. All you need is an open mind and you will leave feeling energized, happy, and connected!

*NJ DDD funding
accepted!*

*For teens &
adults of
all abilities!*



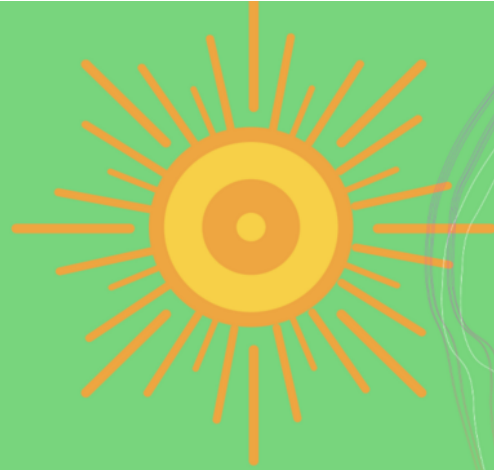
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**Taught by
Joe Ciarvella**

Certified Drum Circle Facilitator with many years of experience
facilitating drum workshops and classes for all ages and abilities

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TUESDAY MOVE & GROOVE

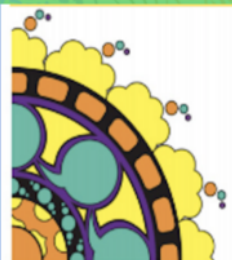


Tuesday
4pm
via Zoom

Together we'll enjoy an hour
of fun and playful yoga-
inspired movement and
breathwork.

*DDD funding
accepted!*

*For teens
& adults of
all abilities!*



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**Taught by
Lisa Mo**



An inclusive, nature-loving, down-to-earth,
independent 200-hr Registered Yoga Teacher

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SPECIAL INTEREST CHAT CLUB



Tuesday's at 4:30pm

Conversations and sharing about preferred topics of your choice in a safe, comfortable, and welcoming virtual space via Zoom.

Share!

You will be
chatting with
Leah Barron

Make
friends!

Learn
new skills!



- Certified Special Education Teacher
- Over 20 years of experience teaching
- Over 4 years facilitating virtual chat clubs
- Registered Yoga Instructor
- Co-Founder of Inclusion Festival

Registration / Questions...
circlesclientservices@gmail.com

View our virtual class schedule:
circlesofcommunication.com/events



Tues at 6pm or Wed at 5pm

Calling all Bingo enthusiasts! We are excited to share in our mutual love for this popular game of chance!

In addition to playing, we will learn and practice skills that teach good sportsmanship and kindness. Our hope is that club members will then generalize these skills by playing Bingo in their own communities!

Taught by Krystal Glushien

Krystal is a kind, sensitive person, and a cheerleader for everyone, with many years of experience working with people of all ages and abilities. She loves to see others reach their dreams, as she plays with her own. Krystal is the creator of FestiQuest, a game played at festivals to provide a game of fun ways to help ourselves and others.



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SEXUAL

6-week class series
Tuesdays, 6pm; via Zoom

DDD Funding Accepted!

EDUCATION



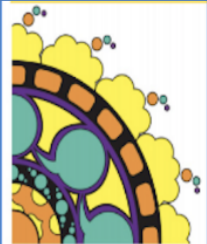
Jan 28, Feb 11, Feb 25,
Mar 11, Mar 25, Apr 8

For ALL abilities!

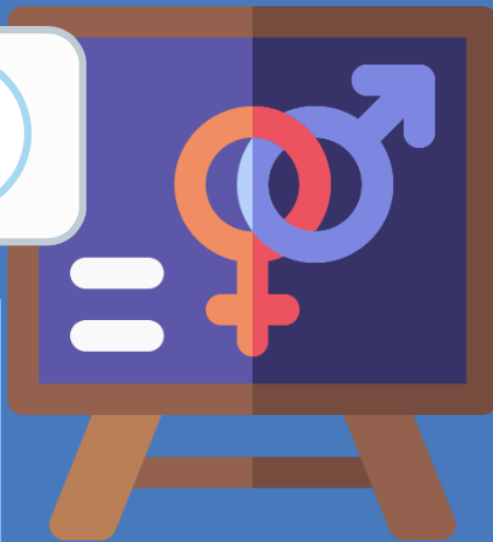
***Recorded classes will be available to those who are unable to attend during class time!



Class Instructor: **Dr. Mark Scheuerman**



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Dr. Scheuerman is a 3rd year family medicine resident physician working at Hunterdon Medical Center. He has a passion for teaching others, and specializes some of his care for people with developmental disabilities. In his offtime he loves to paint miniature figures, play board/video/card games, and spend time with his cat and dog.

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MINDFUL MORNINGS

DDD funding accepted!

**Wednesday's at 11am
Friday's at 11am
(via Zoom)**

*For teens & adults
of all abilities!*

**Start your day off with a positive mindset!
Dez will lead group participants through mindfulness-based practices and discussions to promote relaxation, self-love, self-acceptance, and increased emotional intelligence.**



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Class Instructor:

**Dez
Dutcavich**

Dez has an Associates Degree in Early Childhood Education with a Major in Special Needs, and is also a certified Holistic Life Coach with many years of experience working with disabled individuals in a variety of school settings, as an employment specialist, and a job coach.

Registration: yogaforallabilities@gmail.com or 908-892-4323

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Music Appreciation CHAT CLUB

Conversations and sharing about
your favorite bands and music
in a safe, comfortable, and
welcoming virtual space via Zoom

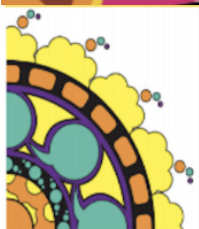
Every Wednesday
6pm

*For teens and
adults of
all abilities!*

*DDD funding
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Taught by Leah Barron

- Certified Special Education Teacher
- Co-Founder of Inclusion Festival
- Certified Yoga Instructor
- Over 20 years of experience working
with students of all ages and abilities



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VOICE & CHAIR YOGA

Tuesday at 3:30pm

or

Thursday at 6pm

-This chair yoga class will incorporate components of Lee Silverman Voice Therapy (LSVT), which is known to be beneficial for individuals with Parkinson's Disease, Traumatic Brain Injury, Stroke, Downs Syndrome, Multiple Sclerosis, and Cerebral Palsy.

-The class will consist of vocal warm ups, seated stretching and movement, and call/response poetry.

DDD funding accepted!



For teens & adults of all abilities!



Circles of Communication

Class Instructor:

Cait Gannon

Cait is a speech pathologist and a chair yoga instructor who works with all age groups and abilities. She has a particular love for movement, breath and voice, and she believes that everyone has a voice, whether that means using an AAC, sign, or their vocal chords.

Registration or Questions: yogaforallabilities@gmail.com or 908-892-4323
Learn more about our other classes: www.circlesofcommunication.com/events

MINDFULNESS MOVEMENT & MUSIC

Thursday's, 4pm
via Zoom

Develop greater body awareness, strength,
physical and mental flexibility, confidence,
self regulation, and self expression!

Learn strategies to help you feel more
calm and relaxed.

*For teens
and adults of
all abilities!*

*DDD funding
accepted!*



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**Taught by
Leah Barron**

Over 20 years of experience teaching students of all ages and abilities;
Certified Special Education Teacher; Co-Founder of Inclusion Festival;
Certified Yoga Instructor

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TECHNOLOGY

Make your life easier and more fun!

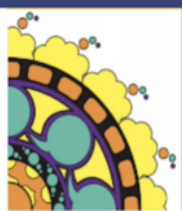
Tues at 11am / Wed at 5pm



Learn how to use AI (artificial intelligence) technology to make everyday tasks easier and more enjoyable. Whether it's setting reminders, finding information, or simplifying routines, AI can be a helpful tool in your life. This beginner-friendly class is designed for neurodivergent adults and will cover practical ways AI can support your unique needs. Through a variety of engaging activities, you'll discover how to interact with AI in ways that make sense for you. No prior tech experience is required, just bring your curiosity!

Instructor:

**Miguel
Munoz**



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Miguel has been a technology enthusiast and professional for over 20 years, applying his expertise across various fields. From building computers to pioneering innovations in healthcare IT, Miguel's experience includes programming in multiple languages, building and programming robots, 3D modeling, animation, photo editing, and web design. A versatile tech creator, his skills span from coding to graphic design. Currently pursuing a Master's degree in Machine Learning and Artificial Intelligence, Miguel is passionate about leveraging AI to make everyday life more efficient, productive, and fun.

Registration / Questions: circlesclientservices@gmail.com

Learn more about our other classes: circlesofcommunication.com/events

ADAPTIVE DANCE

*For teens
& adults of
all abilities!*

Sunday, 10am

*DDD
funding
accepted!*

This dance class is taught by Sofia Blasco from The Dancer Movement. Classes will consist of a movement warmup, basic dance concepts and skills, and will finish with learning and practicing a fun dance combination.

Classes will be modified as needed, and will include options for seated participation. All abilities are welcome!



**Taught by
Sofia Blasco**

Sofia is an alumni of Marymount Manhattan College with a Bachelor of Fine Arts in Dance. Sofia was inspired to start The Dancer Movement Corp through her desire for dance and her belief that everyone can and should have the opportunity to experience the art of dance.

Learn more about our other classes:
www.circlesofcommunication.com/events



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