



Get a Live Look Into Adult Services!

Spectrum Care Management and Counseling is excited to continue our interactive series of Zoom events! These are live, interactive nights to promote inclusion, socialization, and creativity!

Come experience some of the services you'll be able to participate in once you enroll in the adult world of Support Coordination. Please join us for an experience you won't forget!

Throughout the month of February, Spectrum will host different service providers as trial nights. Live viewers will be able to share comments, ask questions, and participate in real-time! Each zoom night will be a unique, online experience, so you don't want to miss out!

Five Nights of FUN!



Yoga Night with Rock-A-Daisy!

Join us for a night of wellness and yoga with Theresa Brown. "Differently-abled yoga" will lead us in a short class of mindfulness, meditation, and yoga!

February 2, 2022 at 7PM

What you'll need: Somewhere to sit and maybe some water!

**REGISTER
HERE!**

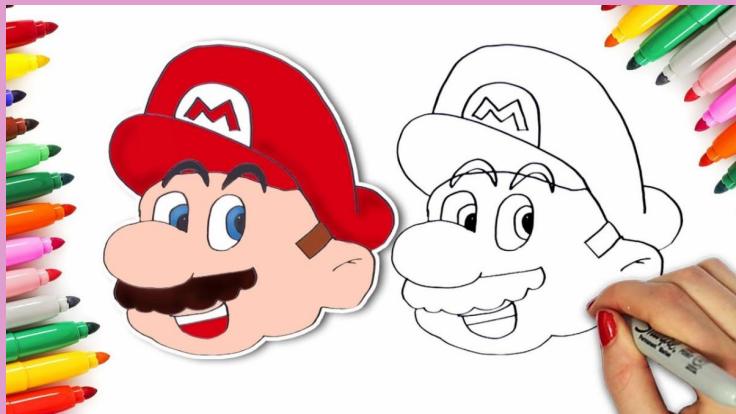


The Blue Light Music Program!

Join us for a great night of music! Learn how to create your own recording using recorded samples of instruments - the options are endless!

February 8, 2022 at 7pm

**REGISTER
HERE!**



Drawing with Game-U!

Learn how to design and build your own video game character! All you need is a pen/pencil and a piece of paper and watch your drawing come to life!

February 9, 2022 at 7pm

What you'll need: Pen/Pencil/Paper

**REGISTER
HERE!**



Dance the Night Away with Matheny Arts!

Join us for a fun night of dancing!

February 15, 2022 at 7pm

**REGISTER
HERE!**



Cooking with AcadeME!

Join Julie from AcadeMe for a night of cooking!

February 23, 2022 at 7pm

**REGISTER
HERE!!**

Interested in all five events? Click below:

REGISTER ME FOR ALL FIVE!

Contact US

973-530-4155

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About

Counseling

Support Coordination

Contact

