Milestones Recreation and Enrichment offers adults with developmental and intellectual disabilities classes and social opportunities for lifelong learning and growth.

### About Milestones

Milestones is here to support individuals 18 years and older with developmental and intellectual disabilities with the skills and support they need to engage in meaningful lives in the community.

Late teens and adulthood are times of ongoing growth, new experiences, risk, and increasing responsibilities. All people, including those with disabilities, go through major life changes. With the right support and appropriate outlets for their feelings and emotions they will be empowered and ready to achieve their fullest potential.

Milestones is comprised of two components:

- **Milestones Community** offers an individualized experience with a focus on choice and self-advocacy (see more about Milestones Community on the back page) and **Milestones Recreation and Enrichment**.

### Recreation & Enrichment

Opportunities for continued learning and remaining active in the years after school.

Our classes are designed to teach teens and young adults the building blocks of becoming independent adults, including social skills, friendship, boundaries, safety, dating, sexuality, and so much more.

But we have more than just classes! Special events, including dances, pot lucks, and cafe nights, give students a chance to practice their social skills and build friendships with others in the programs and in the community.

#### Group Classes

Classes are generally one hour and meet for 8 weeks. All classes are taught by trained and certified instructors and most classes have a student/teacher ratio of 4:1, with additional support as needed. Classes may include: Art, Yoga, Dancing, Cooking, Kung Fu

#### Performing Arts

The performing arts are a growing and integral part of Milestones. Too many people with disabilities have been relegated to backstage—in the arts and in life. Through our dance, music and acting classes our students continue to step front and center—with the spotlight shining on their skills, talents, and many abilities.

Along with music and acting, students learn boundaries, social skills, and performance skills. **Joyful Chorus, Friendship Band, Theater Studio**
Boundaries & Relationships

This class is for adults who need help navigating the world of relationships. We discuss topics such as building relationships, both friendships and romantic, and dating. Part of having a healthy relationship is learning how to respect boundaries of other people in your life. That awareness begins with knowing what your own boundaries are. We are diving deeper into getting to know ourselves by practicing mindfulness and meditation.

Recreation Classes

For those who enjoy the experience of competitive and team sports, participants hone skills while having fun with friends. We accommodate people with a wide range of abilities. Recreation classes may include Soccer, Basketball, Floor Hockey, Flag Football.

Milestones Community

We never stop wanting to be active, engaged, and exposed to new experiences and friends. We all need to prepare for and adapt to our changing lives in the community.

Milestones Community, a Community-based Day Support service, supports participants with developmental and intellectual disabilities to make life choices at every level, through each stage of life.

Through the lens of self-advocacy, participants learn to pinpoint their interests, make personal goals, take responsibility for their decisions, and speak up for themselves. Students have the opportunity to explore a variety of potential career options.

There is training in how to seek out experiences in the community that interest each participant, giving them access to the same opportunities as their typical peers.

This serves as the backdrop for everything we do together. We help individuals grow in their understanding of who they are and who they aspire to be.

Contact Us

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To learn more about Milestones Recreation and Enrichment contact milestones@pathlightgroup.org

About Pathlight

Milestones is a Pathlight program

Pathlight is a 501(c)3 non-profit Massachusetts corporation with offices in Pittsfield, Springfield, Greenfield, Easthampton, and Hadley. It was founded in 1952 by five mothers of children with developmental disabilities.

The majority of Pathlight’s revenue comes through state agencies, including the Massachusetts Department of Developmental Services and the Massachusetts Department of Medical Assistance. Pathlight also raises money from a broad network of generous donors. We gratefully accept support from individuals, businesses, and foundations.