



## Quote Box

"Absorb what is useful,  
discard what is not, add  
what is uniquely your  
own"

- Bruce Lee

## October Events



October Events—It's the most spookiest time of the year!

**October 12th—Pumpkin Patch Trip**

**October 14th—Pumpkin Painting @ TRACS**

**October 27th—MONSTER GOLF**

**October 29th—TRACS Halloween Party**

Reach out to any staff, or check the communication board for more information or to sign up!

SPACE IS LIMITED FOR OFF GROUNDS EVENTS

## OUR STAFF

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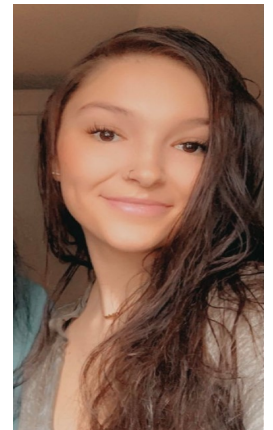
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## Staff Spotlight—Liv (she/her)

Late last month we happily added Liv to the TRACS team. Liv works as our new Community Integration Specialist and she, and the rest of the team look forward to planning and attending fun activities for the rest of year and beyond.

**Fun Fact:** Liv loves to collect and teach about crystals and loves eating anything with cheese!



## 1:1 Peer Mentoring & Job Coaching

Need help with finding a job? Looking for support around general goals? Our job coaches and peer mentors are here to help with weekly 1:1 sessions! All members of TRACS are eligible. Talk to staff for more information!

## Wednesday Movies @ TRACS

Beginning in October we will be hosting movie matinees at TRACS.\* Pass the popcorn and enjoy some new gems or some classics!



\*On Wednesday's we don't have an event planned.

## Program Hours

Tuesday 10am—5pm

Wednesday 12pm—5pm\*  
DROP IN/MOVIES

Thursday 10am—5pm

*\*Unless we have an outing planned and need to alter the program hours*

**DROP-IN** hours are held every Tuesday & Thursday 3:00—5:00 pm.

*Come in and hang out!*

## MAGIC THE GATHERING



Over the past two months, *Magic the Gathering*, an online game, has taken TRACS by storm! We welcome all to continue to learn how to play the game, deck build, and well—gather during drop-in hours. We have plenty of cards to use, so even if you don't have your own, we have you covered.



## Groups

**Weekly Check In: Tuesday 11am—12pm** This group is all about giving our visitors the floor to check-in and let the community know what's going on in their world. We start with funny and sometimes thought—provoking ice breakers to get the ball rolling.

**Poetry Group: Tuesday 2pm—3pm** Want to share some of your favorite poems, or perhaps be given a chance to share some of your own? Join Alexei and please partake in the perfect place to do just that!

**Relationships Roundtable: Thursday 11am—12pm** Be it family dynamics, romantic partnerships, or the people we work/live with, the health of our relationships is a crucial component to our own individual health. Feel free to sit down and share in a focused discussion on the relationships that matter the most to us.

**Art: Thursday 12pm—1pm** Join us weekly to explore a variety of art projects ranging from developing a Zine, to collage making. All art levels welcomed and appreciated! Lead by our visiting Expressive Art Therapist, Erica.

**Dungeons and Dragons (and Pokemon too?): Thursday 2pm—4pm** Take part in a group adventure set in a medieval fantasy world of Samurai, Shamans, and the original slate of Pokemon. Make a character, paint a figurine, and work together to restore honor to your village. No prior experience with roleplaying games necessary. Nicholas is as glad to teach the rules as to weave a compelling story alongside you.



## Follow us on Instagram

Find us at [@aspiretracs](https://www.instagram.com/aspiretracs) and follow us for program updates and fun facts.



### TRACS

TRACS offers multiple opportunities for young adults aged 16-25 to receive support and establish meaning, connection and purpose in their lives. This is done in a strengths-based, young adult centered, culturally sensitive manner within the young adults' community. TRACS focuses on aspects of young adults' lives that are easily overlooked such as relationships, wellness, spirituality, family, employment, recreation and more. A key component of TRACS is the inclusion of young adult Peer Mentors on staff. The Peer Mentors offer their firsthand experiences of living with and overcoming mental health issues to support and assist the young adults they work with.

We also assist young adults who are dealing with mental health issues to become competitively employed in the community and to reach their maximum vocational assessments, teaching job search skills, training around entitlements, job coaching and interview support. Aspire's TRACS programming is available to young adults in Abington, Avon, Braintree, Bridgewater, Brockton, Carver, Cohasset, Duxbury, East Bridgewater, Easton, Halifax, Hanover, Hanson, Hingham, Hull, Holbrook, Kingston, Marshfield, Milton, Norwell, Pembroke, Plymouth, Plympton, Quincy, Randolph, Rockland, Scituate, Stoughton, West Bridgewater, Weymouth, and Whitman.

To make a referral, please contact **Bryan Lincks** at [blincks@aspirehealthalliance.org](mailto:blincks@aspirehealthalliance.org), or find our **referral form** at [www.aspirehealthalliance.org/provider-resources/](http://www.aspirehealthalliance.org/provider-resources/)

### TRACS Program

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