



Community Living
And Support Services



HIGHMARK WALK FOR A HEALTHY COMMUNITY

New Year, New Date!
This year's walk will be held on **June 22nd, 2024.**

Registration is open! Sign up now as an individual or as a team. All funds raised by CLASS through this event will come back to CLASS!

Join us as we walk along the North Shore- rain or shine!

Where

Stage AE: 400 N Shore Dr, PGH, PA 15212

When

Saturday, June 22, 2024

Important Times

7:45 a.m. check-in and registration

9 a.m. 5K Walk

9:15 a.m.- 1 Mile Walk



Image Description: Melva Fair and Jeanine Kilgore walking with umbrellas.

Register to Walk
<http://hcf.convio.net/class2024>

Breaking Barriers: The Employment Journey

CLASS invites people with disabilities, family members, professionals, employers, and students to join this ten-part series of discussions on *The Employment Journey for people with disabilities*.

Save the dates for our upcoming events and [register today!](#)

Self-Advocate and Set Your Path to Success

with Evolve Coaching

Wednesday, March 6 | 12:00pm-1:00pm

Employer Panel

at Brother Andre's Cafe, Refreshments provided

Wednesday, March 13 | 4:00pm-5:30pm

Funding: What is and is not included

April - Details to follow

Social Determinants of Health Mini Fair & Seminar

at CLASS

Friday, May 10 | 11:00am-2:00pm

Additionally, CLASS will be hosting an Employment Resource Fair in September 2024.

Registration: bit.ly/CLASSBBcollection

Questions? **Chris Phelps** | cphelps@classcommunity.org | 412.683.7100 x2125

The Transition Education Project

The *Transition Education Project* will resume this spring!

This webinar series and handbook provides students with disabilities (and their families with the information and resources needed to navigate the transition from high school to adult disability services. Save the dates for our upcoming webinars and [register today!](#)

Less Restrictive Alternatives to Guardianship

with Disability Rights Pennsylvania

Thursday, February 29, 2024 | 7:00-8:30 PM

Navigating the Transition to Adult Health Care

with Darcie Petrillo

Tuesday, March 12, 2024 | 7:00-8:30 PM

The Art of Letting Go of Our Transition-Age Sons and Daughters

with Tina Calabro

Tuesday, March 19, 2024 | 7:00-8:00 PM

PA ABLE: Saving for the Future

with the Pennsylvania Treasury

Tuesday, April 2, 2024 | 7:00-8:30 PM

Registration: bit.ly/CLASSTransitionEducationProject

Join our [email list](#) to receive information about registration and upcoming webinars!

If you have questions, please contact:

Mallory Hudson | MHudson@CLASScommunity.org | 412.683.7100 x 2178



Image Description: Tyree is taking a break from his cooking class.

Structured Day at CLASS

Living with a brain injury can feel like navigating a new landscape - familiar landmarks shifted, paths obscured, and challenges unforeseen. The invisible scars impact engaging in the world and envisioning the future. But what if a map existed - a guide to rebuilding a path and rediscovering potential?

The Structured Day Services at CLASS are designed specifically for individuals with brain injuries and other neurological conditions in Southwestern Pennsylvania.

No longer are individuals with brain injury limited by the lack of specialized support in Southwestern Pennsylvania. CLASS is bridging that gap, creating a safe and empowering space where you can rebuild your skills, reconnect with your community, and rewrite your story.

Structured Day Services aren't just about recovery - it is about rediscovery. We recognize that every person's experience with a brain injury is unique, shaping their individual needs and aspirations. CLASS has designed a curriculum that will allow participants to develop and practice the skills necessary to participate safely in their communities again.

Our personalized approach tailors every step of the journey through:

- Individualized Support
- Community Settings
- Daily Living Skill Development

Structured Day Services at CLASS provides more than just a program - it is a community. We celebrate every milestone, offer unwavering support through challenges, and empower individuals to define their own success.

Structured Day Services are forging a path and envisioning a future where brain injury survivors have access to the resources and support they deserve - a future where every step forward is embraced and celebrated.

Join us. Reclaim your potential. Rewrite your story.

For more information, please reach out to CLASS.

Bridget Lowery, MS, CBIST | 484.558.0776 | BLowery@CLASScommunity.org

More Info | Structured Day Services

Tyree's Journey at Structured Day

Tyree joined Structured Day Services in May of 2023. He established his goals for the program which included impulse control, money management, vocational skills, and other skills that support his re-entry into the community. One of the first challenges he wanted to address was his self-regulation. Tyree, with the guidance of the staff, had to re-learn how to listen to, recognize, and respond to his own needs.



Image Description: Tyree and Lamar playing bingo at a holiday party.

Structured Day Services supported Tyree as he established a daily routine. In the beginning, it proved difficult for Tyree to follow the schedule, as re-acquiring these skills presented a noticeable fatigue. Nevertheless, Tyree persevered with the encouragement of the staff, solidifying his new routine by the end of the year.

This pivotal development fostered self-awareness, enabling Tyree to identify and communicate his needs with clarity. Additionally, Tyree has had enriching opportunities to volunteer at a local market, re-developing vocational and community-based skills. Inspired to reach new heights, Tyree has embarked on a journey to reclaim his ability to walk. He regularly practices assisted walking and has set his sights on achieving independent strides by the summer of 2024.

Could you or someone you know benefit from this program?

Get in touch for a personalized consultation.

Bridget Lowery, MS, CBIST | 484.558.0776 | BLowery@CLASScommunity.org

2024 Events | Save the Date

JUN. 22

Highmark Walk for a Healthy Community

Join us as we walk along the north shore and celebrate a healthy community in Pittsburgh. The walk is fully accessible and offers a 5k or one-mile route.

JUL. 29

Alby Oxenreiter Golf Classic

Tee off with us. All proceeds benefit the Oxenreiter Foundation, CLASS, and St. Anthony School Programs.

OCT. 09

CLASS Acts Awards Dinner

A classy night recognizing the region's top humanitarians who are strong advocates for inclusive and equitable communities.

Event Information



CLASS | 1400 South Braddock Avenue, Pittsburgh, PA 15218

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