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2016 Vision:

The Community Life Project



Janice Weinstein, PsyD
Executive Director

We all long to be part of communities that are caring, inclusive, and dependable, with face-to-face connections that go beyond social media and Facebook. The Community Life project asks how we can help young adults with disabilities build the vibrant and connected community life that's so essential to their developing identity as a valued and contributing community member. Please join us as we create a vision for a community that includes every one. We start this journey by looking for



Yoga & Healthy Supper Club

On Thursday evenings, a group of Linksters a.k.a. TotalLink members, gather to become more in-tuned with their body and mind through participation in our Yoga & Healthy Supper Club. The Linksters engage in an hour session of Yoga lead by Leslie Teng, Ms. PT. Leslie offers hands on guidance and teaching of how to incorporate Yoga into every day life. Following Yoga, Linksters enjoy a social environment while preparing, cooking and eating a sensible dinner. The Linksters describe enjoying being able to vote on meal choices, learning hands-on culinary techniques and sharing personal accomplishments with their friends! Yoga & Healthy Supper Club puts the FUN in living a healthy lifestyle!

**Jenna's Professional
Growth Spurt!**

answers to these questions through appreciative inquiry, a process that uses deep and soulful questioning with a focus on resilience.

[Read more...](#)

Upcoming Events

[- Girlfriends Group](#)

[- Movie Night Out](#)

[- Yoga & Healthy Supper Club](#)

[- Guys Night Out, Feb. 19th. Look for an email soon!](#)

Hot Off The Press

[- Yikes Feature Story](#)

[- Top 10 People to know in town](#)

Pitching In for our Community...

The TL2 Volunteer Crew had the opportunity to help out at the Lou Malnati's Annual Meal Packing Event. We had a great time with a wonderful group of employees and volunteers. 1200 baskets of



Jenna a client of TL2C, has many talents and passions including, working with children, participating in the performing arts and keeping physically fit!

Jenna is currently working at Growth Spurts in Wilmette, an indoor play space and family café for children ages birth to 5 years old created by early childhood teachers and moms. Jenna's position is working as owner, Emily Williams' right hand assistant. Jenna plays with the children, talks with both parents and caregivers, cleans toys and helps keep the different play stations look organized and inviting. She is currently working one day a week but would like to expand her hours to work three to four days a week.

When Jenna isn't working you can find her at either Special Gifts Theater either acting with the Adult group or working in the Dancing department with the children performers. As a certified Zumba instructor, Jenna teaches a group class at Our Place. To increase her own health and fitness, she works out with a trainer one day a week and volunteers her time in an Adult Exercise Class through the Wilmette Park District. Jenna has a very active lifestyle and if you ask her, she is working at her dream job and she would love to work more days a week.

Just Dance From the Heart!

food including a turkey for families in need! Thank you for including us in this inspiring and inclusive event.



Hospitality Position at EverSource for Jared



TL2C client Jared, recently began a new position with EverSource, a facilities Management company that provides professional and hospitality services to internal offices in Atlanta and Chicago. Jared's main duties revolve around hospitality and his daily routine consists of maintaining the coffee dispensers and replenishing the inventory in all of the nine EverSource kitchens. Jared reported that his favorite part of his new positions is moving around all of the time and that he also has a lot of respect for his supervisors!



Right here at the NSYMCA in Northbrook, Grace Schwander is earning the highest Girl Scout honor, the Gold Award for Excellence and Leadership by creating the first inclusive dance program for her high school classmates with and without disabilities. Grace's "Just Dance from the Heart!" project was inspired by her relationship with her friend and fellow teammate on the freshman GBN cheerleading squad, who happens to have Down syndrome. The class is on Saturday afternoons and will culminate with dancers performing in the NSYMCA dance recital at the GBN Center for Performing Arts in June.

Grace is looking forward to providing an opportunity for high school teens with special needs to dance right along side their peers without special needs in a "big performance show." This class gives Grace a chance to put her leadership and performance skills into action and develop skills as a dance instructor. We are sure this class will foster everyone's self esteem and social skills as well as build strong friendships in the community. Good luck Grace on earning your Gold Award! Please contact the NSYMCA to sign up for this inclusive dance class.

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