

THRIVE SUPPORT & ADVOCACY NEWSLETTER

Letter from the CEO:

Six Years In; Still Building Forward

March 16th marked six years since I stepped into the role of President and CEO at Thrive Support and Advocacy, providing me with a moment to pause and reflect.

When I reflect on these six years, I do not think first about programs or growth, even though we have seen both in meaningful ways. I think about people. I think about the individuals we support who continue to push beyond barriers every single day. I think about our staff who show up with compassion, patience, and commitment, often in moments that require more than what any job description could capture. I think about families and caregivers who trust us with what matters most to them.

This work has never been easy, and it should not be. Supporting individuals across the lifespan, especially those with complex needs, requires consistency, creativity, and heart. It asks us to stay grounded in our mission while also evolving to meet new challenges.

Over the past six years, we have done just that.

We have expanded programs, created new opportunities for employment and community engagement, strengthened our partnerships, and continued to build a workforce that reflects the diversity and strength of the communities we serve. Initiatives like Flourish at Thrive have reminded us that innovation and compassion can coexist, meeting basic needs while also fostering dignity and connection.

At the same time, this moment is not just about looking back. It is about continuing to move forward with purpose. There is still more to build. More individuals to reach. More ways to strengthen our systems, support our staff, and ensure that every person connected to Thrive feels seen, valued, and supported.

Personally, I feel a deep sense of gratitude. This role has challenged me, stretched me, and grounded me in ways I could not have anticipated. I am thankful to our leadership team, our board, our partners, and every member of the Thrive community for being part of this journey.

Most importantly, I remain committed to the work ahead. Six years in, and I still believe deeply in what is possible here.

Thank you for being part of it.

Sean M. Rose, M.Ed.

Sean Rose

INDEX

- CEO Message 1
- Important Info2
- Clubs & Groups3
- Sports Events4
- Family Support4
- Thursday Outing5
- Prom5
- Staff Updates6

COMPANY ADDRESSES

Marlborough Office

65 Boston Post Road West, Suite 220
Marlborough, MA 01752
Phone : 508-485-4227

Worcester Office

100 Grove Street, Suite 104
Worcester, MA 01605
Phone : 774-703-3033

Email : info@icanthrive.org



IMPORTANT

CANCELLATIONS

Please check your email address for cancellations. It will also be communicated on our social media platforms: Facebook, Instagram and X. If the local school system is closed due to inclement weather, our programs will also be closed. Be mindful that New England weather can quickly change; cancellations may occur later in the day and will be communicated by email and social media. Thank you for your cooperation and understanding.

REGISTRATION

Join us for TAAC every week, Monday through Friday in Marlborough, and Thursdays in Worcester! Field Trip Thursdays will now happen every other week, with indoor activities scheduled on the alternating weeks at both locations.

A fee is required for Thursday field trips. Detailed pricing is provided under each individual destination.

For more information please email : fsactivities@icanthrive.org

AGE GUIDELINES

Note: While activities are labeled as 18+ Adult Experiences, the age range for activities is a flexible guideline, and those outside the range are considered on an individual basis.

Come visit Flourish @ Thrive, our very own food pantry

Monday & Thursday: 5PM - 7PM

Saturday: 10AM - 1PM

JOIN / UPDATE YOUR INFO FOR OUR MAILING LIST

Please click the QR code below to join or update your information for our mailing list.



Holiday Spotlight

May 26th 2026



**June 19th
2026**



Clubs & Groups

TAAC 18+

Day(s): Monday - Friday
Dates: 4/1/2026 - 6/30/2026
Time(s): M W F - 12 pm - 5 pm
 Tue & Thu - 10 am - 5 pm
Location: Marlborough, Suite 215
Fee: \$60, Free with DDS Approval

Description: Come be part of the fun! Enjoy exciting activities like music & dance, game days, fitness & wellness, and themed social events. It's the perfect way to make new friends and learn valuable life skills in a friendly, welcoming space. Don't miss out. Register today and start your next adventure!

If interested, email
fsactivities@icanthrive.org

TASC 18+

Day(s): Monday - Friday
Time(s): 2:30 pm - 5 pm
Dates: 4/1/2026 - 6/30/2026
Location: Marlborough, Suite 215
Fee: \$60, Free for DDS Approval

Description: Join us after school for fun, friends, and creativity! Whether you're tackling homework, making new friends, or expressing yourself through awesome arts & crafts, there's something for everyone! Come hang out in a friendly and welcoming space. We can't wait to see you!

If interested, email
fsactivities@icanthrive.org

LADIES GROUP 18+

Day(s): Wednesdays
Time(s): 5 pm - 7 pm
Dates: 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30
Location: Worcester, Suite 108
Fee: \$15, Free for DDS Approval

Description: Ladies, it's time to connect, uplift, and inspire at our Ladies group! Join us for a fun and meaningful time filled with laughter, support, and empowering conversations. Let's celebrate strength, friendship, and growth together! We can't wait to see you there!

If interested, email
fsactivities@icanthrive.org

Thrive Family Forever 18+

Day(s): Tuesday
Time(s): 5 pm - 7 pm
Dates: 4/7, 5/5, 6/2
Location: Virtual
Fee: None

Description: Thrive Family Forever, a group dedicated to community service and making a difference! We come together each month to share ideas, plan impactful projects, and take action to help others. Be part of something meaningful, connect, serve, and inspire!

If interested, email
ngoldstein@icanthrive.org



Thrive Advocacy Group 18+

Day(s): Wednesday
Dates: 4/22, 5/27, 6/24
Time(s): 4:30 pm - 6:00 pm
Location: Marlborough, Suite 215
Fee: None

Description: Thrive Advocates Participates in monthly meetings and engaging activities designed to help one learn, promote, and take action in self-advocacy, individual rights, and system-wide change.

If interested, email
gkent@icanthrive.org

CLUB THRIVE 22+

Day(s): Wednesdays
Time(s): 6:30pm - 8:30pm
Dates: 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24
Location: AmVets Post 1980
 17 Fitchburg Street, Marlborough MA
Attendance: \$15

Description: Come join us for an evening of socializing with friends and dancing. Please note food and drinks will be served for a fee. If transportation is needed within our radius, you must inquire 48 hours in advance.

If interested, email
socialandrec@icanthrive.org

Social Night 18+

Day(s): Thursdays
Time(s): 6 pm - 8 pm
Location: Various locations in the Marlborough Area. Participants will meet the last Thursday of the month for dinner and conversation to discuss the next 3 destinations for the following month.
Fee: \$15 for Transportation

Description: Social Nights are designed to bring people together to build meaningful friendships while exploring and enjoying a variety of fun, welcoming places throughout the Marlborough community. Each outing offers a relaxed, inclusive opportunity to connect, socialize, and create lasting memories in new and familiar settings alike.

If interested, email
socialandrec@icanthrive.org

Reflection Corner ★





SPORTS EVENTS



SOMA TRACK AND FIELD 16+

Day(s): Friday

Date(s): 4/3/26 - 5/29/26

Time(s): 6pm - 7:30pm

Location: Hudson High School Outdoor Track

Fee: \$15 for Transportation

Description: SOMA Track and Field is back in action, with practices officially underway the first week in April. Excitement is building as the season gets ready to start. Athletes are working hard to build skills, teamwork, and confidence all while having fun and supporting one another. For more information or to join the team, please email socialandrec@icanthrive.org for more information.

If interested, email
socialandrec@icanthrive.org

SOMA SWIM TEAM 22+

Day(s): Sundays

Date(s): 3/2/26 - end of May

Time(s): 5pm - 6pm

Location: Westborough Swim Club,
35 Chauncy Street, Westborough Ma

Note: Transportation not available

Description: The SOMA Aquatics Team is back in the pool and practices are officially underway! Our swimmers are building strength, confidence, teamwork, and having a great time doing it. Aquatics is a fantastic way to stay active, develop new skills, and be part of an encouraging and supportive community. For more information or to join the team, please email Coach Patty.

If interested, email
durkinjr@aol.com

SOMA SOFTBALL 22+

Day(s): Tuesday Nights

Date(s): 6/11 - 8/11

Time(s): 5pm - 6pm

Location: Assabet High School Softball Field

Description: Our SOMA Softball Team will be stepping up to the plate again this June! Athletes will practice throughout the summer to prepare for a season-ending tournament. If you are interested in joining the team or learning for about practices, please reach out to Coach Pam.

If interested, email
plmcnair12@gmail.com



FAMILY SUPPORT



EGG HUNT

Saturday

2 pm - 4 pm

Date: 4/4/2026

Location: 100 Grove St

Worcester, MA 01605

Fee: None

Description: The upcoming Egg Hunt event is a family-friendly gathering designed to bring families together for a fun and engaging activity. Children under the age of 13 are invited to participate in an egg hunt and must attend with a parent or guardian. The event provides an opportunity for families to connect and enjoy time together in a welcoming community environment.

If interested, email
fsactivities@icanthrive.org

THRIVE OPEN HOUSE

Wednesday

4 pm - 6 pm

Date: 5/20/2026

Location: 100 Grove St

Worcester, MA 01605

Fee: None

Description: Open House 2026 is an engaging and informative event that brings together families, staff, and community partners. This special occasion gives families the opportunity to meet our team, learn about the wide range of services and supports we provide, and build meaningful connections within the community.

If interested, email
fsactivities@icanthrive.org

AFC INFORMATION SESSION

Thursday

10:30am - 12 pm

Date: 6/11/2026

Location: 100 Grove St

Worcester, MA 01605

Fee: None

Description : The session will provide valuable insights into Adult Foster Care and will be held in a hybrid format to ensure accessibility for everyone.

If interested, email
fsactivities@icanthrive.org



CPR / FIRST AID BASICS

Wednesday

10:30 am - 12 pm

Date: 6/17/2026

Location: 100 Grove St

Worcester, MA 01605

Fee: None

Description : This hands-on workshop will cover essential CPR techniques and safety practices that can make a real difference in emergency situations

If interested, email
fsactivities@icanthrive.org





THURSDAY OUTING



The Butterfly Place

Thursday
4/9/2026

Time: 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$40

Description : Join us for a special visit to the Butterfly Place, where we will experience the beauty of hundreds of free-flying butterflies in a peaceful indoor garden. This fun and relaxing outing is a great opportunity to explore nature, learn something new, and enjoy time together in a unique environment.

If interested, email
fsactivities@icanthrive.org

Slime Zone

Thursday
4/23/2026

Time: 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$45

Description : Get ready for a fun and hands-on experience at Slime Zone! Participants will have the opportunity to create their own slime, explore different colors and textures, and enjoy a creative sensory activity in a fun and engaging environment.

If interested, email
fsactivities@icanthrive.org

Biomes Marine Biology Center

Thursday
5/7/2026

Time: 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$40

Description : Join us for an exciting trip to the Biomes Marine Biology Center where we will explore marine life up close. Participants will have the opportunity to see fish, reptiles, and other fascinating animals while learning about ocean habitats and conservation.

If interested, email
fsactivities@icanthrive.org

WNDR Museum

Thursday
5/21/2026

Time: 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$55

Description : Step into a world of creativity and discovery at the WNDR Museum! This interactive outing will give participants the chance to explore unique exhibits and enjoy a fun, hands-on experience.

If interested, email
fsactivities@icanthrive.org

Isabella Stewart Garden

Thursday
6/4/2025

Time: 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$47

Description : Experience art, history, and beauty during our visit to the Isabella Stewart Gardner Museum. Participants will enjoy exploring the galleries and the stunning indoor courtyard.

If interested, email
fsactivities@icanthrive.org

Southwick Zoo

Thursday
6/18/2025

Time: 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$46

Description : Get ready for a wild adventure at Southwick's Zoo! Participants will explore animal exhibits, enjoy the outdoors, and experience a fun and educational day together.

If interested, email
fsactivities@icanthrive.org



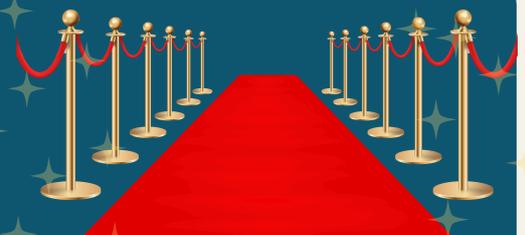
A Prom for All Ages



A Royal Celebration

Join us on May 14th for an unforgettable evening at Thrive Support & Advocacy's A Prom for All Ages™, where this year's theme invites you to step into a world of royalty! From kings and queens to princes and princesses, every guest will be celebrated as the true star of the evening. This magical night will feature music, dancing, delicious food, and special moments designed to create lasting memories in a joyful, inclusive atmosphere.

Please note: This special event is designed for individuals currently receiving Thrive services. Invitations and RSVP details will be shared directly with eligible participants and their families.



We can't wait to roll out the red carpet and celebrate a truly royal evening together!

Staff Updates

Congratulations

SEAN ROSE

We are proud to share that Thrive's CEO, Sean Rose, has been recognized as Nonprofit Business Leader of the Year; a well-deserved honor that reflects his unwavering commitment to our mission and the individuals we support.

Under Sean's leadership, Thrive continues to grow, innovate, and create meaningful opportunities for individuals with intellectual and developmental disabilities to lead rich, self-directed lives. His passion for making a difference is evident in everything he does, from expanding programs to building strong community partnerships.

As Sean shared, "I always felt like I wanted to be in places where it could be more impactful and make a difference." That vision is at the heart of Thrive's success and the positive impact we see every day.

Please join us in congratulating Sean on this incredible achievement!



STAFF PROMOTIONS



Leah White

Associate Vice President of Residential Services



Peter Sylver

Director of Residential Services



Buster Kapel

Assistant Program Director



Najee Muhammad

Assistant Program Director

NEW TEAM MEMBER



Food Pantry Coordinator

Wairimu Macharia

Phone : (774)-410-1130

Email: wmacharia@icanthrive.org