



Milestones Community

a Pathlight program

CHOOSE

LEARN

GROW

Milestones offers recreational, social and enrichment programs for people of all abilities, particularly those with special needs, provides valuable resources for families, and facilitates meaningful inclusion in the larger community in which we live.

Each person's day is tailor-made to their interests and goals.



About Milestones

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

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 Recreation and Enrichment

Opportunities for continued learning and remaining active in the years after school. *(See more about our enrichment program on the reverse side)*

Milestones Community is a Community-based Day Support service with a focus on choice and self-advocacy.

We offer classes and services, including transportation training, practical money skills, vocational exploration and training, self-advocacy, sexuality education, and life skills, to help students meet their goals.

Building Lives in 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 gives participants the power to make life choices at every level, through each stage of life.

It's About Choice, Self-Advocacy, and Growth

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 opportunities to explore a variety of potential career options.

Additionally, 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.

How Might It Look?

Stella just graduated from high school. Her years of supported public education have prepared her for this next step.

Every eight weeks, Stella meets with the Milestones Community program manager to talk about things she enjoys doing, what she wants to learn, and what she'd like to add to her list of accomplishments. →



This assessment reveals that Stella dreams of being a detective, which then informs the choices she makes for how to spend the next eight weeks.

Milestones Community supports her in building skills related to this goal, like appropriate boundaries, relationship-building, and human rights issues.

Stella may participate in a book group that focuses on mystery fiction and work on a project creating clues for a scavenger hunt. She may volunteer at the local police station as a tangible step toward fulfilling her goal.

Halfway through the eight-week rotation, Stella—in partnership with Milestones staff—assesses her schedule and plan, at which time she is free to continue the course or choose a different path.

Contact Us

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To learn more about
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Enrichment Classes

We believe that people with developmental disabilities should have access to life-long learning, whether in music, literature, art, history, or recreational activities.

We offer a number of weekly evening classes to introduce students to new skills or to let them delve more deeply into an area they love.

We offer classes in drama, music, art, yoga, martial arts, and cooking. We also have a Boundaries and Relationship class that recognizes the importance of health relationships in a happy life.

We recognize and honor the importance of friendships and building a strong social network after high school and into adulthood. Our classes reinforce social skills and provide fun opportunities to make new friends and stay in touch with old ones.

Special events, including movie nights, pot luck dinners, and dances, give students a chance to practice their social skills and build bonds with others in the programs and in the community.



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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.