

Erica and Lynn

"I think that people should exercise their brain and their body," Erica says. Lynn and I are very compatible in what we like to do: knitting, teaching each other things, talking nonstop." Lynn agrees, "Our relationship is really enriching. We walk the same path and we both learn when we do things together."



"I have two good friends I grew up and went to school with. We still stay in touch, chattering with each other!

Before Families First, I was often lonely. In school, some people were mean because of my disability."

"At Families First I can share my feelings, talk with others. We have a peer group every Tuesday and I have served on the standing committee, organizing social and adult education programs. I am working on my reading and we started a book club and do several word games to help us build reading skills. Everyone feels listened to and it is like a big family."



Erica Robinson and Lynn Brooks started working together in 2007 through Families First, a developmental service agency where Lynn works and where Erica receives services. Lynn is a community specialist with developmental adult services who works one on one with Erica. Lynn has developed an individualized program for Erica, called Peak Adventures.

Their walks and exercise at a local gym are fun for both of them and complements work Erica has done in physical and occupational therapy. Lynn helps Erica with reading but tells us Erica is better at math than Lynn. Erica keeps working on reading and looks forward to college some day.

