

**Meaningful Day Services**

**MAIN OFFICE:**

225 S. School St., Brownsburg, IN 46112  
(317) 858-8630 Fax: (317) 858-8715

**JEFFERSONVILLE THERAPY CENTER:**

590 Missouri Ave., Suite 204  
Jeffersonville, IN 47130  
(812) 288-4688  
Fax: (812) 610-8333

**INDIANAPOLIS DAY SERVICES:**

3725 Kentucky Ave.  
Indianapolis, IN 46221 (317) 248-0016

**LAWRENCEBURG THERAPY CENTER:**

465 Bielby Rd., Suite C,  
Lawrenceburg, IN 47025  
(812) 655-3541 Fax: (812) 610-8333



# Meaningful Day Services

*newsletter*

*30 Years of Meaningful Experiences!*





# Spring Break Fun!

This spring break, MDS hosted engaging programs in both Brownsburg and Jeffersonville, providing participants with opportunities to build friendships, stay active, and develop important social and life skills while school was out. Participants spent time playing games, completing puzzles with peers, and taking part in group activities that encouraged teamwork, communication, and problem-solving.

Throughout the week, participants also enjoyed creating spring-themed arts and crafts and exploring the community through a variety of outings. The groups visited local parks, went bowling, explored the Children's Museum, and spent time at Sky Zone®. These experiences helped participants practice community engagement, develop independence, and enjoy recreational opportunities alongside their peers. We look forward to continuing to create meaningful experiences for participants this summer!

# Counseling Available

**crisis counseling | family counseling | individual counseling**

We know times can be challenging and our experienced counselors are ready to help you reach your goals. We believe that everyone has the ability to make positive changes and we offer telehealth options available to fit around your life and schedule. Meaningful Day Services is in network with most insurance providers, as well as Medicaid. If you would like counseling support, please call 317-858-8630.





**Space is limited**  
Call to get on the interest list!

# School Break Program

**Expanding to the Jeffersonville area!**

- Steps: 1. Call for information 2. Get on interest list  
3. Start prequalifying process (funding through FS and/or CIH waivers)**

Meaningful Day Services School Break Program is a facility-based program for children and adolescents with disabilities that provides services 9 a.m.–5 p.m. during school breaks. We provide individualized programming at 1:1 and 4:1 ratios. Daily activities include: social circle time, exercise, arts/crafts, academic skills, hygiene skills, vocational skills, safety programming, and more. We also enjoy outings to work on individualized goals in real-world situations.

Primary service locations are in Brownsburg and Jeffersonville.

**Call 812-288-4688 for information.**



Chair One Fitness programs are designed to deliver a fun and interactive full-body workout that uplifts participants through dance-inspired movements and guided fitness exercises. Using a chair for stability and support, participants engage in exercises that enhance strength, flexibility, balance, and cardiovascular health in a fun, safe, and supportive environment.

Our classes focus on:

**Strength building:** Light resistance exercises to maintain and improve muscle tone.

**Flexibility and range of motion:** Gentle stretches to keep joints and muscles healthy.

**Cardiovascular wellness:** Low-impact, rhythm-based movements that get the heart moving.

**Fun and social engagement:** Music, dance, and group interaction create an uplifting experience.

The 60-minute classes are designed to accommodate all fitness and ability levels. Chair One Fitness is ideal for individuals with limited mobility, those recovering from injury, or anyone who enjoys a low-impact, music-filled workout. Each session is led by a Recreational Therapist certified in Chair One Fitness, skilled at adapting and modifying movements so every participant can engage safely, confidently, and to their fullest potential.

Bring Chair One Fitness classes to your facility with Meaningful Days Services and experience how movement, music, and community can make every day more meaningful.



Contact  
Stacey Carlson at  
[scarlson@meaningfuldays.net](mailto:scarlson@meaningfuldays.net)  
or call  
**317-858-8630.**

# CHAIR ONE



*MDS clients enjoy the fun and friendship of Spring Break!*



## **We are accepting referrals for the following services and locations:**

**Behavior Supports:** We are now accepting referrals in Columbus, Fort Wayne, Franklin, Jasper, and South Indianapolis. Current openings include daytime and after-school services (availability may vary by region).

**Counseling Services:** Immediate openings are available for telehealth counseling statewide, with limited in-person appointments in Brownsburg and Lawrenceburg. We accept private insurance, Medicaid, and VA funding and offer individual, couples, and family therapy.

**Music Therapy:** Daytime and limited after-school openings are available in Jeffersonville, New Albany, Sellersburg, and Henryville. Additional daytime openings are available in Brownsburg, Greenwood, and Franklin. A waitlist is available for all other regions. Accepted funding options include CIH, FS Waivers, and private pay.

**Recreational Therapy:** Daytime openings are available in Hendricks, Boone, Vanderburgh, and Warrick counties, with both daytime and after-school openings in Allen and Huntington counties. A waitlist is available for all other regions. Funding options include CIH, FS Waivers, and private pay.

Submit referrals through website at: <https://www.meaningfuldays.com/enroll>



# Meaningful Harmonies

Open to infants and children of all abilities between the ages of 6 months and 4 years.

Jeffersonville location

For more information or to sign up, call:

**(812) 288-4688**

**Meaningful Harmonies** is an infant and toddler music group that is centered around developing and enhancing social, physical, and cognitive skills through the exploration of music, movement, and more!

This 6- to 8-week course is facilitated by board-certified music therapists, and it is open to infants and children of all abilities between the ages of 6 months and 4 years. The course consists of weekly 30-minute sessions with a small group of children and their caregivers. Families have the opportunity to choose either a Wednesday group with Ms. Hannah or a Friday group with Ms. Tamia.



### Tamia Yates

Ms. Tamia has worked as a board-certified music therapist with Meaningful Day Services for two years. She has worked with children, teaching them songs from musical theatre, learning about instruments, and exploring movements with music. Tamia enjoys discovering new ways to move and play, and she is excited to make these discoveries with families in this group!

### Hannah Levesque

Ms. Hannah is a mom of a toddler and has worked as a board-certified music therapist with Meaningful Day Services for five years. She specifically loves working with infants and children. She loves using singing, dancing, and instrument play to foster learning of developmental skills. Ms. Hannah is excited to bring her expertise to this new group, as she brings music and fun to families in the area!



## Meet Rylee!

**Rylee Lemons** is a May 2026 graduate of Indiana State University, where she earned her degree in Recreational Therapy. After completing her internship with Meaningful Day Services, Rylee will be fully certified by the end of May.

Her professional journey began with an interest in music therapy, but she quickly discovered a passion for Recreational Therapy and the unique opportunities it provides. She is especially drawn to community integration and values helping individuals build confidence, independence, and connection through active participation in their communities.

In addition to her academic experience, she has served as a volunteer firefighter, where she developed strong teamwork skills, adaptability, and the ability to remain calm under pressure.

Outside of her professional work, she enjoys spending time with her dog and family, playing the drums, and competing in pageants. She brings this energy, creativity, and authenticity into her work as a therapist.

Rylee is currently accepting interviews for individuals in Vanderburgh, Gibson, and Knox counties.



**If you are interested in receiving recreational therapy, please call 317-858-8630, submit a referral through the BDS Portal, or visit our website at [www.meaningfuldays.com](http://www.meaningfuldays.com).**



Follow us on Facebook: Meaningful Day Services or find us on X: @MDSIndiana, Instagram at: Meaningful\_Day\_Services and TikTok at: @meaningfuldayservices1



Brownsburg Center location  
225 S School Street  
**(317) 858-8630**

**Meaningful Voices** is an inclusive adult choir led by our board-certified music therapists. This all-abilities ensemble brings together singers who share a passion for making music in a supportive, energizing community.

**Participants enjoy opportunities to:**

- Build meaningful social connections
- Collaborate with a large ensemble
- Grow musically in an encouraging environment
- Perform in a celebratory concert each session

The choir meets **on the fourth Friday of every month at 5:00 p.m.** Enrollment is offered twice a year, with the first session culminating in a **June performance** and the second concluding with a **December concert.**

Join us for a joyful musical experience where every voice truly matters.



BROWNSBURG CENTER, 225 S. School Street, Brownsburg, IN 46112