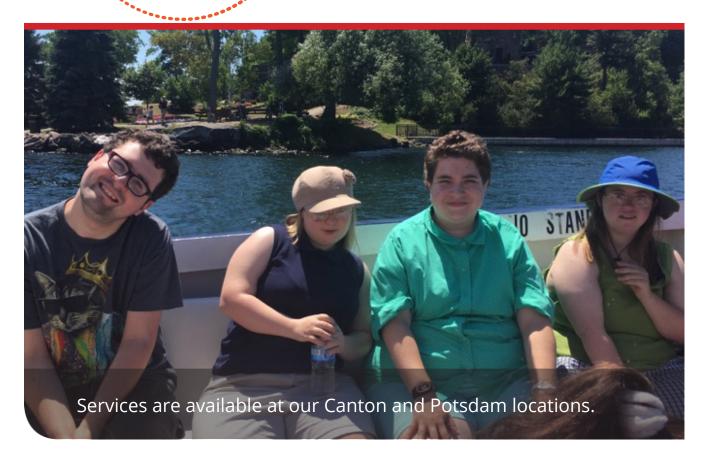
Transitions is available for 15-30 year-olds.

- Post graduate participation will be based upon daily work schedules and other activities.
- *Transitions* will include both males and females of similar ages to ensure a diverse social peer group.
- Hours of programming are from 9:00 am to 2:30 pm.

Transitions begins with careful planning.

- Direct communication among professional staff, each individual, and their families.
- Goal setting and identifying areas of interest to the individual.
- Through the self-direction process, individuals will actively engage in setting their own goals and identifying areas of learning that are important to them.





Transitions provides opportunities for development in areas including but not limited to:

- Self-advocacy
- Housekeeping Tasks
- Money Skills
- Social Networking
- Overnight Trips
- Grocery Shopping
- Accountability
- Decision Making
- Leisure Pursuits
- Menu Planning
- Interpersonal Skills
- Meal Preparation
- Volunteering in the Community

Transitions works with local school districts to provide after school programming.



Transitions helps young adults develop and apply skill-based strategies which will assist them in becoming as independent as possible.

St. Lawrence NYSARC *Transitions*

Our mission is to empower young people with intellectual and developmental disabilities through self-directed goal setting, focusing on independent living and community engagement activities.



Overview of Transitions

- Functional Skills Assessment
- Small Group Programming
- HCBS Waiver Eligibility Not a Requirement
- Promotes Independence
- Explore Natural Community Supports
- Skill Development
- Occasional Friday Night Events and Weekend Trips



Reach Your Potential

Learning is life-long.

Canton Location:

(315) 386-4162 St. Lawrence NYSARC 95 Main Street Canton, NY 13617

Potsdam Location:

(315) 286-1003 St. Lawrence NYSARC 22 Depot Street Potsdam, NY 13676



St. Lawrence NYSARC is a non-profit membership association dedicated to full inclusion and integration for persons with intellectual and other developmental disabilities in St. Lawrence County.

www.slnysarc.org





St. Lawrence NYSARC's
Transitions program
empowers young
adults with intellectual
and developmental
disabilities to live full,
independent lives.

www.slnysarc.org