

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



Services are available at our Canton and Potsdam locations.

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



What happens after *Transitions*?

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



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.slmysarc.org



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

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