



## PossAbility (Pasadena/Los Angeles)

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## What is PossAbility?

A community integrated program that supports adults with disabilities reach their goals related to independence, personal interests, socialization, and/or employment. Each individual's needs and interests are supported to help enhance their independence while exploring their local communities to build both professional and social relationships.

- Explore, learn and participate in the community (community inclusion)
- Develop skills through volunteering
- Develop/increase communication skills by making personal choices
- Building confidence through empowerment (self-worth and contributing to their community)
- Staying active through engagement (peers, new relationships, and communities)
- Discovery of new hobbies, skills, their communities, and accessing resources

## Interested in Applying?

Please contact your Regional Center service coordinator. The Regional Center will send AbilityFirst a referral packet. Once we receive the packet we will contact you to schedule a meeting.

*"We have noticed an increase in our son's self-expression. He is more comfortable with transitions and maintaining a schedule to help him stay focused and involved in activities." – Parent of PossAbility participant*



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