

## Lawrence L. Frank Center

### ExploreAbility Program

The AbilityFirst ExploreAbility Program is intended for adults who want to acquire the skills an independence to access and use their community in work, daily living, and leisure. Individuals in the program are empowered to set and pursue personal goals with an emphasis on employment readiness and increased community connections.

#### Goals:

The ExploreAbility program is designed to help adults with developmental disabilities to discover what's important to them; their interests, abilities and goals. Individuals learn about what is important for them to be able to achieve their goals, become involved in their communities, work, recreational and leisure activities. It is also to make friends, increase skills and participate with others who share the same interests.

#### Highlights:

We value every individual and the program is offered to adults with a wide range of abilities.

- Programming occurs in community settings and utilizes the center to begin and end the day, plan activities and participate in instructional activities.
- Individuals in the program must be able to safely function within a 1 to 3 ratio (one staff member for three participants)
- Program Hours are Monday to Friday, from 8:30 AM to 1:30 PM.



### Afterschool Program

AbilityFirst after school and summer programs provide a nurturing environment for school age youth with developmental disabilities. Our well-trained and caring staff engages individuals with age appropriate activities that support social, physical, cognitive, and creative abilities. Through center-based activities and field trips, AbilityFirst helps individuals achieve their personal best in the following areas: basic life skills, communication, social skills and healthy living.

Hours of operation are from 2:00 pm to 6:00 pm when school is in session and 9:00 am to 6:00 pm during summer months and school breaks.

Licensed by the State of California Department of Social Services – Community Care Licensing – After School and Adult Day Programs and Group Homes (License Facility #191223376) A Vendor with local Regional Centers

