



The Journey to Independence Summer Program

SUMMER TRAVEL TRAINING INCLUDES:

- Basic safety within the community
- Emergency procedures
- Learn to use technology to access public transportation options, schedules and making transportation reservations
- Community outings to obtain appropriate travel identification and reduced fare rates
- Site supervised travel training outings to community events utilizing public transportation
- Pre- and post-comprehensive examination
- Certificate

SUMMER INDEPENDENT LIVING SKILLS:

This program will develop the independent living skill necessary for our young adults to achieve independence and transition to adulthood.

- Planning meals based on budgets and nutrition
- Shopping for meals and recipe reading
- Basic cooking skills and kitchen safety
- Housekeeping / laundry
- Money management / banking
- Health and nutrition
- Balancing socialization and vocational obligations
- Coping techniques for stress relief
- Appropriate social and behavioral choices

The Journey to Independence Summer Program provides a variety of “hands on” community experiences. The program runs for six weeks between July and August from 8:30 a.m.-2:00 p.m. For more information, contact Danielle Bantileskas, LCSW, at 516-741-2010, ext. 1044, or discuss with your local school district.