



Children's Services

Adaptive Skills Training (AST) After School Program

Providing a safe and healthy after school environment for participants with developmental disabilities

For many families, finding the right after school program for their kids can be a challenge. For parents with children who have a developmental disability, finding age and developmentally appropriate after school activities can be extremely frustrating. Hope's Adaptive Skills Training After School Program combines educational and recreational activities in a safe and healthy environment to provide the answer to this search. Hope combines skilled program staff with high school volunteers to provide skill training and support with peer-to-peer mentoring, fostering lasting friendships, and teaching real-world social skills that strive to demonstrate the reciprocal nature needed for true friendships. This unique volunteer program also helps to break down barriers and create a bridge between the participants with developmental disabilities and their non-disabled peers so that when they are at school, the participants with disabilities have a friend who knows them and can advocate for them.

AST AFTER SCHOOL PROGRAM INCLUDES:

- Physical exercise and nutrition
- Social skills & communication skills
- Leisure and recreational activities
- Personal safety
- Self-advocacy

PROGRAM ELIGIBILITY:

Program Eligibility is determined by the regional centers, such as San Andreas or Golden Gate Regional Centers. Participants who receive services through the regional center can contact a Service Coordinator about the opportunity to participate in the program.





PARTICIPANTS MUST:

- Be 13-22 years of age and in middle or high school.
- Live in a geographical area served by our programs.

PROGRAM HOURS:

The after-school program operates five days a week from 3:00-6:00 pm year round, although many participants typically attend only two or three days per week.

TYPICAL ACTIVITIES INCLUDE:

- Sports, such as basketball
- Self-defense lessons
- Art projects
- Performing arts
- Nutrition
- Dance
- Special activities
- Special guests, such as a reptile party



HOPE SERVICES' QUALIFICATIONS:

All Hope Services' programs have been approved as appropriate by the State of California, the local Regional Center, the County Health Department, and the Commission on Accreditation of Rehabilitation Facilities (CARF). To obtain these approvals, Hope must demonstrate continuous high quality service and management.

HOPE SERVICES' MISSION:

Hope Services' mission is to improve the quality of life for individuals with developmental disabilities, as measured by eight indicators: personal development, self-determination, interpersonal relations, social inclusion, rights, emotional well-being, physical well-being, and material well-being.

DONATE TO HOPE:

Hope is only partially funded by the state and relies on donations to fund its services for individuals with developmental disabilities.

If you'd like to donate to Hope and help fill the funding gap, visit www.HopeServices.org or call 408-284-2862.

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HopeServices.org



hope services
 Amazing is all in a day's work.