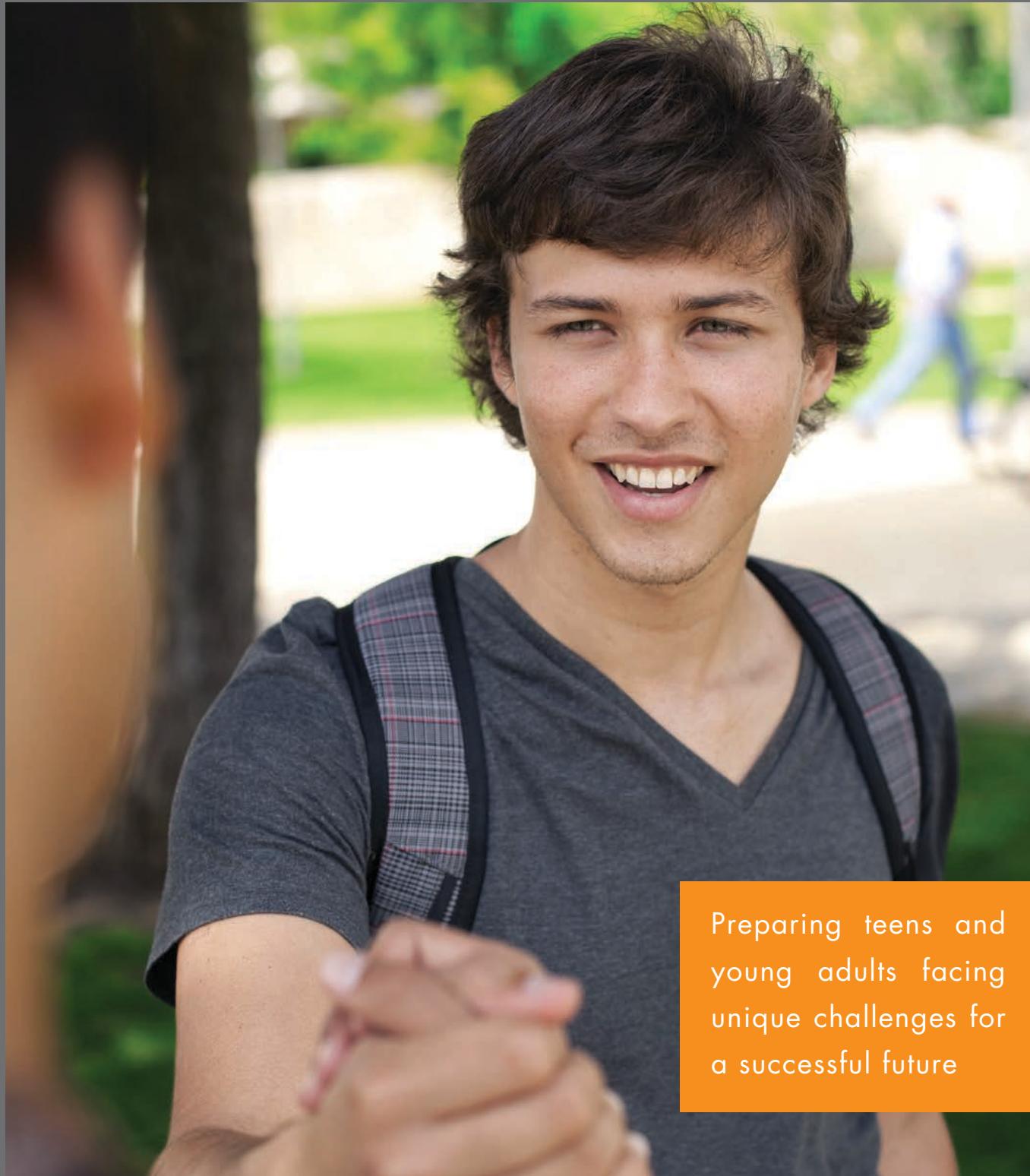


THE HELP GROUP'S

Advance LA



Preparing teens and
young adults facing
unique challenges for
a successful future

prep.

launch.

elevate.

Advance LA is dedicated to providing a comprehensive range of services and training to teens and young adults with a wide range of needs including learning disabilities, autism spectrum disorders, Asperger's Syndrome, executive functioning difficulties, ADHD, and other social or emotional issues.

At **Advance LA** we offer the answer to one of the most frequently asked questions by parents of these teens and young adults: "What happens next?" Our personalized program provides clients with the experiences and opportunities they need to lead a fulfilling adult life.



We offer the support needed to facilitate a greater level of independence for each client based on his or her individual needs in several key areas:

LIFE SKILLS: motivation, money management, self-advocacy, cooking, physical safety, public transportation, personal hygiene, accountability

EXECUTIVE FUNCTIONING: organizational and time management strategies, self-monitoring, emotional control

SOCIAL CONNECTIONS: healthy and long-lasting social relationships

ACADEMIC SUPPORTS: coursework support, college selection and application process, campus resources

HEALTH AND WELLNESS: healthy eating and exercise habits, stress management, coping strategies

INTERNSHIPS & CAREERS: internship placement, vocational or career exploration, job application process, interview techniques

our services include:

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| ONE-ON-ONE LIFE SKILLS COACHING: | Advance LA coaches work closely with clients to help them achieve success in areas such as executive functioning skills, independent living skills, employment, social connections, academics, and health and wellness. |
| TRANSITIONAL LIVING PROGRAM: | <i>Live Advance LA</i> is a supported living experience on a college campus that prepares young adults ages 18-29 for the transition to college, the workforce, or increased independence. |
| SOCIAL AND RECREATIONAL CLUB FOR TEENS AND YOUNG ADULTS: | club I.a. facilitates activities designed to enhance social skills, meet people with similar interests, and develop long-lasting friendships. |
| PARENT-TO-PARENT SUPPORT GROUPS: | monthly support group for parents of teens and young adults that provides a safe space to connect with others and share the struggles and celebrate the successes of their children. |
| PARENT AND FAMILY COACHING: | Advance LA coaches help parents and families develop various tools and strategies that allow them to support their young adult toward a greater level of independence. |
| WORKSHOPS FOR TEENS AND YOUNG ADULTS: | provide fun interactive lessons, real-life experiences out in the community, and opportunities to practice skills with peers. |
| CONFERENCES FOR PARENTS AND PROFESSIONALS: | an annual conference for parents and professionals on a variety of topics focused on supporting teens and young adults during their transition to independence. |
| CONFERENCES FOR TEENS AND YOUNG ADULTS: | An annual conference that provides attendees with the opportunity to interact with peers while learning transition skills, sparking passions, and cultivating new relationships. |

Through our work, we hope to inspire personal growth and development, offer a sense of mastery and accomplishment, and allow each client to "advance" to greater levels of independence.



Please contact us at

818-779-5198 or advancela@thehelpgroup.org

for more information or to schedule an initial phone consultation.



Founded in 1975, The Help Group is the largest, most innovative and comprehensive nonprofit of its kind in the United States serving children with special needs related to autism spectrum disorders, learning disabilities, ADHD, developmental delays, abuse and emotional problems.

At the heart of its efforts is the commitment to helping young people fulfill their potential to lead positive, productive and rewarding lives.

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