

Paraquad's Youth and Family Program will offer day camps and workshops throughout the summer for youth with disabilities between the ages of 12 and 21. Each day camp or workshop develops independent living skills and advocacy skills using fun, hands-on activities. While each camp or workshop offers a new and different topic, all youth will build social skills, and meet and interact with both peers and adults with disabilities.

### **Computer Camp | June 4 – 8 | 10 a.m. – 2 p.m. | Ages: 16 – 21**

Campers will have a fun-filled week on the computer focusing on developing basic computer skills such as typing and surfing the internet safely, Microsoft PowerPoint, Microsoft Word and navigating emails.

Campers will:

- » Learn basic computer skills.
- » Create and present a PowerPoint presentation.
- » Develop a resume based on work and volunteer experiences.
- » Search online for jobs.
- » Complete an online job application.
- » Learn about internet safety.
- » Discuss professionalism at work.
- » Participate in a mock job interview.

*Prerequisite: Campers must be able to read and spell at a basic level.*

### **Adventures to Transition Camp | June 11 – 15 | 10 a.m. – 2 p.m. | Ages: 16 – 21**

Campers will explore the topics dealing with transition, including housing, education, employment, transportation and independent living. Campers will spend most of the week out in the community learning about these topics as well as having fun.

Campers will:

- » Learn about the different types of housing and see a universally designed apartment.
- » Learn about continuing education at a community college or university and visit St. Louis Community College at Forest Park.
- » Learn about employment and discuss the differences between supported employment and competitive employment.
- » Learn about different methods of transportation while using Metro, St. Louis' public transit system.

*Prerequisite: Campers must be ready to consider their future after high school.*

### **Explore St. Louis | June 18 – June 22 | 10 a.m. – 2 p.m. | Ages: 12 – 21**

Campers will explore St. Louis with their peers while learning basic independent living skills. Each younger camper will be paired with an older camper to discover how to get around St. Louis attractions.

Campers will:

- » Learn about teamwork with their peers.
- » Learn about developing their independent living skills.
- » Learn about effective communication and social skills.
- » Learn about accessibility in the St. Louis region.
- » Learn about advocacy skills.

*Prerequisite: Campers must be willing to try and experience new things while exploring St. Louis.*

### **Empowerment to Leadership Camp | June 25 – June 29 | 10 a.m. – 2 p.m. | Ages: 12 – 15**

Campers will feel empowered to become leaders in their communities after exploring the history of the disability rights movement and learning about self-determination, self-advocacy and leadership while having the opportunity to make new friends and build social skills.

Campers will:

- » Learn about the history of the disability rights movement.
- » Learn about their rights as people with disabilities.
- » Learn to talk about their disability comfortably.
- » Learn how their disability affects them.
- » Learn about accommodations in school.
- » Build social skills.

*Prerequisite: Campers must be interested in learning to be a leader in their community.*

Prospective campers can choose one primary camp to attend. If a camper wants to attend more than one camp, he or she will be added to a waiting list. Campers who are on a waiting list for additional camps will be notified by May 1, 2018, if they are able to attend multiple camps. Paraquad will send a letter to each camper containing the date, time and which camp(s) he or she will attend. We will also include a permission slip that will need to be mailed back to Paraquad before the first day of camp. Lunch is not provided, so please pack a lunch. We will have snacks and drinks available.

**The fee for each camp is \$50. The fee for all three workshops is \$50.**

**Transportation provided by Paraquad will be limited.**

**Contact Diane Wieland (314-289-4235 or [dwieland@paraquad.org](mailto:dwieland@paraquad.org)) for more information or to register.**

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### **Personal Hygiene | July 19 | 10 a.m. – 2 p.m. | Ages: 16 – 21**

Youth will learn about the importance of good hygiene for health and the impact that good hygiene has on relationships in a family, school, community or workplace setting.

Youth will:

- » Learn about caring for their bodies and how to prevent odors.
- » Learn about proper cleaning and care of teeth.
- » Identify appropriate clothing for different weather.
- » Understand how sleep affects their bodies.

*Prerequisite: Youth must be interested in looking and feeling their best.*

### **Self-Discovery Camp | July 24 | 10 a.m. – 2 p.m. | Ages: 16 – 21**

Youth will develop the skills they need to be able to self-advocate in school and the workplace. They will hear from speakers in the disability rights movement and put what they learn into practice through role playing and letter writing.

Youth will:

- » Learn about Title I of the Americans with Disabilities Act.
- » Understand their strengths and challenges.
- » Know when and how to disclose their disability.
- » Understand their rights as a person with a disability through the employment process.
- » Learn how to ask for accommodations.

*Prerequisite: Youth must be motivated to want to advocate for their needs.*

### **Student-Led IEP | July 26 | 10 a.m. – 2 p.m. | Ages: 12 – 21**

Youth will gain the skills necessary for leading their own Individualized Education Program (IEP) and becoming their own advocate in the IEP process through role play, scenarios and worksheets.

Youth will:

- » Identify their disability.
- » Identify their strengths and challenges.
- » Talk about accommodations for the classroom.
- » Understand the vocabulary of an IEP.
- » Lead their own IEP using PowerPoint or other software.

*Prerequisite: Youth must be returning to high school and be motivated to lead their own IEP.*

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