

STEPS offers an extensive array of activities – each with a full range of supports so that each participant is involved, engaged and having fun!

- **Fitness:** Exercise and weight equipment, aerobic exercise, Yoga and Zumba Dance, and group sports.
- **Cooking:** In our professional kitchen, participants can learn cooking skills, and master an array of healthy, easy to make dishes.
- **Weight Management:** Techniques and strategies for building healthy weight management skills in young adults and adults with developmental disabilities
- **Gardening:** In our horticulture center and organic garden, participants can learn flower arranging, and how to grow and care for plants.
- **Carpentry:** In our fully equipped woodshop, participants can learn to use hand tools to make and repair items.
- **Computers:** Participants can use our state of the art computers to learn word processing, software programs, and how to safely use the Internet.
- **Crafts:** Participants can learn painting, sculpting, scrap booking, etching, and photography.
- **Lego Therapy:** Participants can use this emerging form of therapy to develop problem solving strategies, challenge their imagination and build social language skills.



About Us

For more than 17 years, Garfield Park Academy has operated a NJ state-approved private school for students with disabilities. We are accredited by Middle States and are members of the Teaching Family Association, the National Association of Private Special Education Centers and ASAH.

The staff at STEPS is comprised of trained educators and clinicians experienced in working with teens and adults with disabilities. A high staff to participant ratio is always maintained, and extra support is available for those who need it.

STEPS is located at Garfield Park Academy in a quiet residential neighborhood in Burlington County, just off Route 295. Our 16-acre park-like setting includes a 45,000 square foot school building and two large playgrounds and athletic fields.



For more information on STEPS, call, click or visit:

STEPS Transition Life Skills Program
24 Glenolden Lane
Willingboro, New Jersey 08046
609.877.4111

www.steps4living.org
info@steps4living.org

STEPS

Social Teaching for Employment & Personal Success

An after-hours program
for young adults and adults
with disabilities



A Program of Garfield Park
Academy in Willingboro, NJ



Transition... for a Lifetime

STEPS is a New Jersey Division of Developmental Disabilities (DDD) Approved Provider for:

- **Habilitative Services**
- **Individual Supports**
- **Transportation Services**

Becoming an independent adult does not happen all at once.

Many young adults and adults with learning and developmental disabilities need on-going support and education to be the most successful, independent adults they can be. STEPS can help. We offer individualized services designed to support teens and young adults' transition from school to productive, independent life in the community as appropriate. STEPS is designed around the needs of young people, ages 16 and over who have autism spectrum disorders, intellectual disabilities and other learning and language disabilities.

- Flexible 'after hours' services YOU choose
- Approved transportation provider
- Drop-in available
- Year-round services
- Affordable option for providers, school districts and families



An after-hours program for young adults and adults with disabilities

Social and Life Skills for Success

Through fun and engaging activities, STEPS teaches skills essential for successful adult life:

- Social skills to achieve and maintain employment and adult relationships
- Money & banking skills
- Household management skills, including meal planning and preparation; cleaning, laundry, and organizing; and household security and safety
- Time management skills
- Transportation skills
- Community access and awareness skills
- Stress management, anger control

...and more.

Counseling

Many of our participants need support and guidance from adults they can trust and talk to. Our experienced and masters level social workers can provide fee-for-service individual and/or group counseling, and help participants capitalize on opportunities to solve problems and learn new social skills during STEPS hours.

Transition Services and Employment Preparation

STEPS helps young adults and adults prepare for adult life and the world of work.

- Resume development
- Interviewing skills
- Filling out a job application
- Seeking employment
- Job coaching
- Individual Supports and Mentoring

Participants who complete services through Division of Vocational Rehabilitation, can participate in our individualized employment training program to enter fields such as hotel service, office support, food service, custodial management, and retail.



2:30 to 6:30 p.m., Monday - Thursday
10:00 a.m to 2:00 p.m., Saturday

For adults, services may be funded through the Division of Developmental Disabilities 'Real Life Choices' program; or, for participants of any age, they may be funded through private, fee-for service.