

	0-3 years old	18 months-3rd grade (8 years old)	3rd -5th grade (8-12 years old)	Middle School (12-14 years old)	High School (14-18 years old)	Beyond School (18-26 years old)	Beyond School (26-30 Years Old)
<b><u>First Steps</u></b>	✓						
<b><u>Stepping Up</u>★</b>	✓	✓					
<b><u>Club FUN</u>★</b>			✓				
<b><u>The CREW</u>★</b>				✓			
<b><u>Transition 101</u></b>				✓	✓		
<b><u>Partners in Transition</u></b>					✓	✓	
<b><u>Club Connections</u>★</b>					✓	✓	
<b><u>Meaningful Life Learning Circles</u></b>						✓	✓
<b><u>Young Adult Social Groups</u></b>						✓	✓
<b><u>Educational Partnership</u>★</b>		✓	✓	✓	✓		
<b><u>IEP Support</u></b>	✓	✓	✓	✓	✓		
<b><u>Every Child A Reader (ECAR)</u></b>		✓	✓	✓	✓		
<b><u>Self Determination Learning Circles</u></b>	✓	✓	✓	✓	✓	✓	✓
<b><u>Tools for the Journey</u>★</b>	✓	✓	✓	✓	✓	✓	✓

- First Call/First Steps: (diagnosis-3 yrs)
  - Events and opportunities for new parents to connect, learn and gain access to professional advice from therapists
- Stepping Up: (18 months-8 years)
  - A program that includes parent education and child learning opportunities specifically designed to support families of young children with Down syndrome as they transition from regional center to school district support
- Educational Partnership: (school aged)
  - Parent education and educator professional development throughout the year to prepare both groups to best support their student with Down syndrome in inclusive school classrooms
- ECAR - Every Child A Reader Tutoring program: (all school aged)
  - Weekly one-to-one literacy tutoring program focusing on the development of reading and writing skills
- Club F.U.N. - Friends Understanding Nuances: (late elementary)
  - A social competencies program that uses social thinking vocabulary and concepts to enhance understanding and build social skills
- The Crew - Creating Relationships and Equipping the Way: (middle school)
  - Continues to build the social skills for fostering friendships with peers and the pathway toward independence
- Club Connections: (high school - 25 yrs)
  - Teens and young adults learn social competencies and independent living skills to foster relationships and increase their independence at home and in their community
- Transition 101: (13-16 yrs)
  - Parents learn about the mandatory Transition IEP process and how to support transition during their high school year
- Partners in Transition: (16 + years)
  - Parents learn to navigate school systems as well as opportunities after high school and ensure families have the resources needed to map out a path for the future
- Meaningful Life Learning Circles: (18-30 yrs)
  - Virtual classes focused on important skills to develop a young adult's independence at home, at work, in relationships and in the community
- Adult Social Groups: (18-30 yrs)
  - Outings and events with other young adults and neurotypical facilitators to foster friendships and practice important social skills in authentic settings
- IEP Support:
  - Regular workshops led by experts in the field to learn about the document, process and how to best advocate for their child
- Second Saturday Speaker Series:
  - A wide range of guest speakers provide important information for parents, caregivers and professionals in our community
- Tools for the Journey Conference: (all ages)
  - An annual 2 day conference for parents, teachers and therapists featuring 30 nationally renowned speakers with expertise in the field of intellectual disabilities
- Sexuality Conference:
  - A biennial conference for parents and their children with intellectual disabilities, ages 12-25 yrs. parents learn to support healthy sexual development while their teens and young adults learn about puberty, boundaries, relationships and dating
- Self Determination Learning Circles: (all ages)
  - Parents learn about the new California Self Determination Program (SDP) and how to transition from services approved through the traditional regional center model to more autonomy and options for their child with SDP

- Support Groups:
  - Sibshops (sibling support group for 8-12 yr olds) meets each Second Saturday
  - Dads Appreciating Down Syndrome (D.A.D.S.) and Moms Meet-Up provide opportunities throughout the year for information sharing and community building
  - Bienvenidos (Spanish speaking community group) provides opportunities for members to learn from presentations offered in Spanish and community building
  - Dual Diagnosis Group

**This year we have added:**

- Transition Boot Camp: Two day seminar on what you need to know and put in place to successfully transition from school system to adulthood.
- Young Adult Conference: (Ages 18 +): One day conference that focused on two important topics, Relationships/Dating and Employment and Entrepreneurship.
- Monthly Webinars: Topics vary each month, such as Think College, AAC workshop, Housing, Estate Planning, Speech Development, Fine Motor skills
- First Step Get-Togethers: Families with children 0-5. An opportunity for families to get together in a casual setting that allows people to connect and make new friends and ask questions.
- Dad Chats: Evening Webinars for Dads on a variety of topics such as: Siblings, Health issues in Down Syndrome, Finances, Estate Planning
- Young Adult Summer Academy: Coming this summer! Club 21 is offering a summer academy for young adult age groups: 18-24 and 25-40. There will be two sessions covering the following topics:
  - Relationships, Boundaries, and Understanding Sexuality
  - Adulting 101

**We are in the process of creating:**

- Improvaneers Classes: Using Improvisation to greatly increase social, workplace & lifetime opportunities for ALL Abilities!