

## WHAT TO EXPECT

A year-round, full-day experience for adults 18 and older with intellectual or developmental disabilities.

It's more than just a place to go – it's a place to feel known, supported, and encouraged to grow in ways that matter. Each day brings opportunities to build confidence, learn new skills, connect with others, and feel part of something meaningful.

## ENRICHING DAYS AT JOURNEY21

The Life Enrichment Program is a structured, full-day program designed to increase independence, confidence, and overall well-being in a supportive and positive environment.

Led by a Recreational Therapist, each day blends skill-building classes with enriching community experiences.

### Social Skills

- Initiating and maintaining conversations
- Practicing self-advocacy
- Building friendships

### Independence Living Skills

- Meal preparation
- Cleaning & organization
- Managing schedules
- Personal hygiene
- Completing tasks independently

### Community Outings

We take learning beyond our walls through:

- Bowling
- Nature hikes
- Zoo trips
- Music Therapy
- Programming at senior living communities

### Health & Wellness

- Exercise & movement
- Emotional regulation
- Mindfulness & self-care

### Creative Expression

- Using art and music to build confidence
- Exploring identity and self-expression
- Develop creativity in a supportive environment

### Volunteer & Give Back

Participants build life skills while giving back at:

- Community Smiles Dental
- The Salvation Army
- Hunger Task Force
- HAWS
- Soles for Jesus
- And many more...



# LIFE ENRICHMENT PROGRAM

## BENEFITS OF PARTICIPATION

- Practice social and communication skills in natural community settings
- Build confidence and independence
- Form lasting friendships
- Explore new interests and hobbies
- Enjoy safe, inclusive, and supported recreation opportunities

*“We love this program! He gets so many enriching activities on a regular basis. His last programs, he sat and watched TV or did crafts. I love that, in the Life Enrichment Program, you take him around the community to contribute and volunteer in meaningful ways!”*

- Parent of Participant

*“My son definitely had an increase in confidence. He is disappointed on days I hadn't signed him up. He wants to be there every day.”*

- Parent of Participant



## INTERESTED IN LEARNING MORE?

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JOIN TODAY!  
SCAN QR CODE

