

Classes and Respite Schedule for Fall 2026

Relationship and Sexual Health Education Group:	Mondays from 11am to 1pm Dates: Sept. 21st to November 16th, 2026 Cost: Free Location: 65 Hartsdale Drive	Join our group to ask our facilitators questions and learn with peers more about sex education, dating, consent, healthy relationships, sexuality and the law, social media safety and other topics.
Lifeskills: Learn key skills in a fun environment. These classes are offered in a group setting with some independent tasks.	Location: 65 Hartsdale Drive Day: Tuesdays from 11am to 2pm Dates: September 22nd to November 10th, 2026 Cost: Free	• Healthy Relationships • Budgeting • Cyber Safety
Independence: This program is geared for individuals who have fundamental skills and are working towards independence or for those who need a refresher on skills already developed.	Location: 65 Hartsdale Drive Day: Mondays from 1pm to 2pm Dates: Sept. 21st to November 16th, 2026 Cost : Free	• Social Skills: Opportunity to practice conversations facilitated through a variety of topics.
	Location: 65 Hartsdale Drive Day: Tuesdays from 11am to 2pm Dates: September 22nd to November 10th, 2026 Cost: Free	• Employment Readiness • Cyber Safety • Financial Literacy

	Location: 65 Hartsdale Drive Day: Fridays from 11am to 2pm Dates: September 25th to November 13th, 2026 Cost: Free	• Cooking
Respite: Social recreation offered in a group setting to adults diagnosed with a Developmental and/or Intellectual Disability. Games and activities are facilitated over 8-week sessions, offered at one of our community program locations.	Mondays from 4pm to 7pm Dates: Sept. 21st to November 16th, 2026 Location: 65 Hartsdale Drive Cost: \$16	Opportunities for peer interactions and social and conversational skills development through individualized goal setting. This program is available to families and/or caregivers seeking community respite options.