

## *Teen Center Hours*

### **School Year:**

#### **Independent Program**

*Monday/Wednesday/Friday:*

3:30-6:30 p.m.

*Saturday:*

12:30-3:30 p.m.

#### **Facilitated Program**

*Tuesday/Thursday:*

3:30-6:30 p.m.

*Saturdays:*

9:30 a.m. -12:30 p.m.

### **Summer:**

*Monday-Friday:*

12:00-6:00 p.m.

**(Groupings to be determined)**



## **NORTH SHORE TEEN CENTER**

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## **The North Shore Teen Center**



Skill  
development  
that promotes a  
healthy,  
independent &  
successful  
life-style for  
teens with  
special needs

**“The Apartment”**

## Our Mission

Our mission is to develop independence in teens with special needs by providing them with a safe, supervised and social environment which promotes skills for a healthy life-style.

Our core values center on Respect, Balance, Responsibility, Honesty, Orderliness, Peacefulness, Enthusiasm, and Determination.

## What We Do

The Center offers two programs. The independent program has a "drop-in" atmosphere that provides trained staff to answer questions, offer guidance and lead classes. In addition to planning and enjoying leisure and social activities, teens are expected to prepare their own snacks, straighten the living environment, and complete their home work.

The facilitated program is designed for students that need more 1:1 support to develop leisure, vocational, academic and life skills. Students practice these skills in the apartment and then gradually transition into the independent program.

## Our Staff

The Teen Center is supported by its Director, Lead Teachers, and Paraprofessionals (including peer models). There are also Program Designers for each domain. Both Speech and Occupational therapists are attached to the program to provide specialized guidance, which may enable insurance reimbursement. Individual therapists can also be provided during the hours the student attends.

## Who Can Participate

**Youth in grades 5-12 and their parents are welcome to drop by and complete an application. The Teen Center Director will determine program placement based on information from the student's parents, private and educational team members.**

**Our application process includes:**

- 1. Completion of intake forms;**
- 2. A meet-and-greet with the student and their family;**
- 3. An interview with the family to determine goals for the program.**



## Daily Activities

- **Social**
  - Card and Board Games
  - Tournaments
  - Theme Parties
  - Movie and Pizza Night
- **Leisure**
  - Videogames
  - Music
  - Crossword/Jigsaw Puzzles
  - Arts/Crafts
- **Daily Living**
  - Cooking; Snack Preparation
  - Laundry/Dishes
  - Watering Plants/Gardening
- **Vocational**
  - Typing, Assembly
- **Academics**
  - Homework Station
  - Tutoring (if needed)
- **Workouts/Sports**
  - Basketball/Volleyball/Baseball
  - Weightlifting
  - Dance/Aerobics
  - Bike Riding/Frisbee
  - Yoga
- **Classes**
  - Writing
  - Community Service
  - Chat Sessions
- **Groups/Clubs**
  - Science and Nature
  - Chess/Checkers
  - Comic Books

*And much much more...*