

## Personal Information

Do you have any food allergies, restrictions, medical or physical conditions we need to be aware of? \_\_\_\_\_

Do you have a behavior plan we need to be aware of?      **YES**    **NO**

If yes, a copy of the Behavior Support Plan **must be on file** prior to session.

Do you require additional staffing? Additional fee incurred if one to one staffing is required.      **YES**    **NO**

Do you have a Medicaid Wavier    **YES**    **NO**

I understand and agree that Camp Courageous and the Arc of NW Ohio Inc., employees, or agents have the right to take photographs, videotape, or digital recordings. I further consent that my name may be revealed. I release to Camp Courageous and the Arc of NW Ohio Inc., it's agents and employees, all rights to exhibit this work in print and electronic form.

I have read and understand that by signing below, my photos and name may be used.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Parent/Guardian Signature

Date \_\_\_\_\_

I do not want my name and photos to be used.

## Camp Courageous Swimming, hiking, crafts, sports, & S'more's!

What a great way to spend your summer. Whether it's for the week, weekend, or all summer long, Camp Courageous has a program to fit your needs. For more information visit [campcourageous.com](http://campcourageous.com) or call 419.875.6828



## Parent Opportunities

Coffee & Conversation is a support group for parents /guardians which meets the first Thursday of every month. Please join us as we share stories, ideas, and resources with other parents and key speakers.

For more information call 419.882.0941 or email [thearc@arclucas.org](mailto:thearc@arclucas.org)

## To Register

Check the boxes next to the session(s) you want to enroll in and return by:

**Mail:** 3450 W. Central Ave.  
Suite 354, Toledo, Oh 43606

**Online:** [www.arclucas.org](http://www.arclucas.org)

**Fax:** 419.517.5346



## FACILITY RENTAL & CATERING

Looking for a place to hold your next board retreat, church/community event? Contact Camp Courageous to hear about our daily or overnight packages.

- ◆ With a full kitchen your meal can be as simple or as elegant as you want.
- ◆ Rental can include full use of cabins, pool, dining hall, and outdoor areas.
- ◆ Let us customize a package to meet your specific needs.

Call 419.875.6828 or e-mail [tonyas@arclucas.org](mailto:tonyas@arclucas.org)



## 2017 What Next? Life Skills Series

Young people with intellectual and developmental disabilities learn skills to live quality adult lives

To Learn more about other programs and events, please visit [www.arclucas.org](http://www.arclucas.org)  
For more information on Camp Courageous camping or facility rental, please visit [www.campcourageous.com](http://www.campcourageous.com)



## Program Objectives:

- ◆ Participants learn life skills to help them to transition into adult life
- ◆ Learn and improve their communication and social skills
- ◆ The ability to learn through a "hands on" approach

## Program Specifics

What Next? Life Skills is a training program providing the life skills training necessary for becoming productive members in the home & the community.

- ◆ For young adults age 16-26
- ◆ Classes are \$25 each or \$100 for all  
Checks payable to CC & the Arc
- ◆ Register online or by phone for credit/debit card payment
- ◆ Includes group and individualized instruction
- ◆ Confirmation letter(s) sent prior to each session will include details about dates, time, and location
- ◆ Certificate of completion after each session.
- ◆ Classes are subject to change may be cancelled, or added

### Session 1: Relationships & Dating \$25

- ◆ Safe relationships and dating
- ◆ Types of relationships
- ◆ Privacy and sexual health
- ◆ Online safety
- ◆ Safe environment for open discussions

Wednesday's Feb 22-March 29  
6:00-8:00 pm



### Session 2: Everyday Living \$25

- ◆ Basic cooking & Nutrition
- ◆ Basic housekeeping skills
- ◆ How to do personal laundry
- ◆ Good hygiene & grooming habits
- ◆ How to schedule appointments
- ◆ Physical fitness
- ◆ Hands on experience at Josina Lott Residential & Community Services

Wednesday 's April 26-June 7  
6:00-8:00 pm

### Session 3: Social Walking Group \$25

- ◆ Group will meet at a different local metropark each week
- ◆ Opportunity to walk and explore the area as a group
- ◆ Social time after with a provided snack and drink

Wednesday's June 21-July 26  
5:30-7:00 pm

### Session 4: Plant Basics \$25

- ◆ Basics of gardening
- ◆ Learn about different types of plants
- ◆ Planting and caring for indoor and outdoor plants
- ◆ Several varieties of plant crafts
- ◆ Hands on experience at Bensell Greenhouse

Wednesday 's Aug 9-Sept 13  
6:00-8:00pm

### Session 5: Basic Money \$25

- ◆ Basic coin and bill counting
- ◆ Budgeting
- ◆ Essentials & nonessentials
- ◆ Understanding living expenses

Wednesday 's Oct 11-Nov 15  
6:00-8:00pm



Detach at dotted line and return



## 2016 What Next? Life Skills Registration

Or register online @ [www.arclucas.org](http://www.arclucas.org)

First, Last Name \_\_\_\_\_

Address \_\_\_\_\_

City, St, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Phone \_\_\_\_\_

Address if different \_\_\_\_\_

P/G Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Please  check the boxes next to the sessions you want to enroll in.

1.  2.  3.  4.  5.

# Session(s) enrolled \_\_\_\_\_ x \$25 = \_\_\_\_\_

Pay for all sessions \$100 (\$25 discount)

Make checks payable to CC & the Arc

ALL SESSION FEES ARE NON REFUNDABLE

Please fill out other side

419-882-0941

[thearc@arclucas.org](mailto:thearc@arclucas.org)

[www.arclucas.org](http://www.arclucas.org)