

What does
"Living your best
life"
look like to you?

Volunteer Opportunities
Computer Classes
Resume Writing
Career Readiness Classes
Travel Training
Stress Management Class
Career Closet
Self Defense Classes
Nutrition
Food Preparation
Money Skills
Basic First Aid
Laundry Classes
Saving and Budgeting
Setting Healthy Boundaries
Self-Advocacy
Sewing Class
Current Events
Hiking
Adapted Aquatics/Fitness
Yoga
Zumba
Art
Dance
Photography
Fishing
World Cultures
Farm to Table
Strength and Balance Classes
Music Appreciation Classes
Horticultural Therapy
...and more!

DAY SERVICES

COMMUNITY CONNECTIONS



Kainos' Community Connections offers small group programming in 4 different Learning Domains: Skills for Independence, Employment Readiness, Health and Wellness and Recreation.

Activities are community-based, empowering individuals to explore and maximize resources and opportunities that are available where they live.

Individuals work with their support team to create unique schedules offering varied, engaging, and intentional programming that addresses their specific needs, goals and interests for themselves and their future!

Each individual is supported in identifying and setting their personal and professional goals to ensure their voice is heard.

For more information
Contact [Kim Millard](#)
kim.millard@kainosusa.org



Design a
program that
works for you!

TAILORED DAY SERVICES (TDS)



Kainos' Tailored Day Services (TDS) offers personalized one-on-one support for individuals who prefer to design their own program.

Activities can take place in the community or in the person's home, depending on the skills they'd like to practice.

From organizational coaching to cooking skills, homework help to resume-building, TDS targets goal completion and is a great option for individuals with specific support needs.

TDS can stand alone or be combined with other services and our flexible, on-on-one staffing ratio can also support cross-over training between home, school, and work!



Personalized Schedules

1:1 Staffing

Transportation Included

For more information

Contact [Liz Zirbes](#)

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