

# THERAPEUTIC ADULT DAY PROGRAM AGES 18-40

MONDAY THRU FRIDAY 9AM-3PM



•Transportation is Available

We welcome members ages 18-40 with Developmental and/or Intellectual Disabilities. Monday through Friday from 9:00am-3:00pm, Members enjoy culinary, music, activities, crafts, and social time; while their caregivers return to their jobs or receive the respite care they need.



Our day program is designed to help each individual become integrated into the community and increase self confidence. Our goal is to teach and/or reinforce the life skills, social skills, and problem solving skills needed to live and have an active full life.



- Community Experiences
  - Adaptive Skill Building
  - Home & Cleaning Skills
- Culinary & Basic Food Preparation
  - Music Appreciation
  - Gardening Skills
- Communication Skills Building
  - Volunteer Work
- Activities of Daily Living
- Sensory Activities
- Art Exploration Opportunities
- Social Skills Building
  - Team Building
- Educational Activities
- Health & Wellness Experience
- Safety Skills Building
  - Computer Skills
- Instrumental Activities of Daily Living

For more information please call 973-771-3300 or email [Programs@asunstar.org](mailto:Programs@asunstar.org)

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