



# ASUN STAR'S THERAPEUTIC TRANSITION PROGRAM

AGES 17-21

EVERY SATURDAY: 10AM-4:30PM  
FSS WEEKEND RESPITE ACCEPTED



## FOCUS: MOVING INTO ADULTHOOD

Providing Mentorships and Functional Application of academic, communication, social and other skills in work and community activities.

Activities will include: Culinary/Nutrition, Budgeting/Money Management, Pre-vocational, Computers, Entrepreneurship, Music & Movement/Physical Fitness, Healthy Sexuality, Expressive Arts, Group Therapy, Day Trips (Movies, Museums, Skating, etc.)

## CURRICULUM: "LIVE, WORK, AND PLAY"

**Living:** Out to eat/drink, grocery shopping, managing cell phone, money, time, behavior. Positive Peer Interactions, Personal Safety (Circle of Friends, Saying No, Pedestrian Safety, What if's)

**Working:** Volunteering, Resume Building, Unpaid Internships and Paid Employment, Work Related Behavior (soft skills)

**Playing:** Physical Fitness, Day Trips, Libraries, Gaming Centers, Etc.

\*Light Breakfast, Lunch, Snack

\*Transportation Available

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

**554 BLOOMFIELD AVENUE (4TH FLR) BLOOMFIELD, NJ 07003**