

LEAP Summer 2020 - I Chose My Own Adventure!

Small groups, meaningful projects, leaders in training



Learn, Earn and Prosper goes online this summer with a twist! I Chose My Own Adventure offers participants, ages 14-21, the opportunity to engage in fun, lively, skill developing workshops!

I Chose My Own Adventure!

- Ages 14-21
- Unpaid, four weeks, July 6th - July 31st
- Students choose from adventure workshops based in self advocacy, job readiness training, independent living skills, social/emotional growth and more
- **Program offers initial Zoom orientation and program selection support; the participant is then responsible for joining independently over the four weeks**
- Support is available when needed

Tuition: \$395/ to participate in up to 12 workshop sessions

Fun, social and free opportunities available!

*For any workshop that includes take home kits, there will be an additional fee (please see below)

Registration due June 15th! To Register or Learn More:

Contact Kaelyn Modrak, LEAP Program Manager, at 802-777-1921 or kmodrak@resourcevt.org.

I Chose My Own Adventure Workshops might include:

Motivational Speakers: LEAP will bring in a variety of speakers to share their personal and professional story.

Weekly Mobility Training: a COMS will provide weekly training on mobility. Sessions might include the following: Planning Routes, Cane Techniques, Apartment Hunting, and Safety First: A Conversation with a Police Officer

Weekly Independent Living: a CVRT will will provide weekly lessons on transitional independent living skills based on feedback and surveys from students

Apple Q&A Workshop: led bi-weekly by a local CATIS to offer students the opportunity to ask questions and receive answers about Apple Technology

Student Led Workshops: LEAP Student Leaders will share their stories of transition with their younger peers to inspire discussion and offer resources

Stretching and Yoga: A Vermont yoga studio is offering virtual adaptive yoga sessions including daily 15 minute morning stretches, and one weekly 45 minute yoga class.

***Delivered Kits! These workshops are available to students at an additional cost:**

Gardening and Backyard Botany: Learn how to grow vegetables and gain food preparation skills you will use your whole life! The Vermont Community Garden Network, is offering a 3 week microgreens workshop as an introduction to small container gardening that anyone can do. VCGN will provide the supplies, and weekly zoom classes and emails. Growing kit includes seeds, soil, compost, container, instructions, recipes and a VCGN t-shirt!

Tuition: \$150 for the 3 week session

Jump Rope Challenge: A cordless jump rope will be sent to participating students. Students jumping time will be recorded weekly. Students will work with facilitators to set daily and weekly jump roping goals. Students will work to exceed their jumping time weekly.

Tuition: \$55 per student

Culinary Camp: Students will prepare one meal a week. Students will receive a kit including measuring cups, spoons, and an apron as well as a local grocery store gift card. Cooking instruction per recipe will be guided through a youtube video produced by CVRT Dan Norris. Includes a weekly Q&A with a Vermont celebrity chef.

Tuition: \$185 per student