

Independent Living Services — Education

Life Skills



Employment

Independence

For over 25 years, Employment & Community Options has been helping adults with intellectual disabilities find work and gain independence. We do this by matching them with employers who value dependable, reliable workers.

We assist individuals with intellectual disabilities including, but not limited to: autism, cerebral palsy, Down syndrome, dual diagnoses, hearing impairments, learning disabilities, developmental disabilities and severe behavioral disorders.

Employment & Community Options provides services throughout San Diego, San Bernardino, Santa Clara, Santa Cruz and Alameda Counties.

Learning, Growing, Living

One of the key mainstays of successful independent living is ongoing development through education. Employment & Community Options offers a variety of classes through its Independent Living Services (ILS), a program designed to develop and foster independence.

These weekly classes focus on learning essential life skills and are held at four ILS housing sites located in **San Jose** and **Sunnyvale**. In addition to ongoing classes, workshops are held quarterly.

Classes feature a small teacher-student ratio of one instructor for every three students. This ratio assures students are receiving the required amount of individual attention that's needed to acquire the life and work skills essential to independent living.

All classes are held on a continuous schedule and some classes qualify students for a Completion Certificate. Students who meet the completion criteria may continue taking the course on a maintenance level or request a more challenging curriculum.

In addition to classes, quarterly Workshops are held onsite and focus on Job Development, Social Skills and Etiquette, Money/Financial, and Organization.

Please see reverse side for class schedule.



www.communityoptions.org | (408) 423-9484

WE BELIEVE ALL PEOPLE ARE HEALTHIER WITH PURPOSE IN THEIR LIVES.

Classes are offered on-site at these locations:

VIVIENTE II

South San Jose
(Camden)
5347 Dent Avenue
San Jose, CA 95118

MILAGRO

East San Jose
(Alum Rock)
2850 Rose Avenue
San Jose, CA 95127

STONEY PINE VILLA

Sunnyvale
267 W. California Avenue
Sunnyvale, CA 94086

HOMEPORT

Union & Los Gatos
5030 Union Avenue
San Jose, CA 95124

For More Information

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Independent Living Services — Classes Offered

Weekly classes focus on learning essential life skills and are held at four ILS housing sites located in San Jose and Sunnyvale. In addition to ongoing classes, quarterly workshops on job Development, Social Skills, Etiquette, Organization, and Money/Financial are also offered.

Adaptive Fitness	Mondays	4:00p – 5:00p	Vivente II
Advanced Reading	Tuesdays	5:00p – 6:30p	Vivente II
Anger Expression	Mondays	10:30a – 12:00p	Vivente II
Anger Expression	Wednesdays	6:00p – 7:30p	Vivente II
Computers	Tuesdays	3:00p – 4:00p	Vivente II
Computers	Wednesdays	3:00p – 4:00p	Vivente II
Computers	Fridays	6:00p- 7:00p	Milagro
Cooking/Nutrition	Mondays	4:30p – 7:00p	Milagro
Cooking/Nutrition	Mondays	5:00p- 7:00p	Homeport
Cooking/Nutrition	Mondays	5:00p – 6:30p	Vivente II
Cooking/Nutrition	Wednesdays	3:00p – 4:30p	Stoney Pine Villa
Cooking/Nutrition	Fridays	3:30p – 5:00p	Stoney Pine Villa
Diabetes Awareness	Wednesdays	4:30p – 6:00p	Vivente II
Diabetic/Creative Cooking	Tuesdays	4:30p – 7:00p	Milagro
Healthy Living (Women’s)	Tuesdays	6:30p – 7:30p	Vivente II
Healthy Living (Women’s)	Wednesdays	5:00p – 6:00p	Milagro
Healthy Living (Men’s)	Thursdays	3:00p – 4:30p	Milagro
Money Skills	Mondays	3:00p – 4:00p	Homeport
Money Skills	Mondays	3:00p – 4:00p	Vivente II
Remedial Reading	Tuesdays	4:00p – 5:00p	Vivente II



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