

JFSLA Special Needs Life Skills Program

Building confidence

Creating community

Supporting
independence

PROGRAMS & SERVICES

- ▶ Supportive Volunteer Training
- ▶ Recreational Activities
- ▶ Parent Support Groups
- ▶ Community Workshops
- ▶ Information & Referral
- ▶ Case Management
- ▶ Short-Term Counseling

JEWISH FAMILY SERVICE LA

Special Needs Life Skills Program



The Special Needs Life Skills Program supports adults with developmental disabilities and their families through skill-building, community connection, and compassionate professional support. Our programs are focused on hands-on experience and are designed to help participants grow socially, emotionally, and vocationally—while empowering families with resources and guidance.

Supportive Volunteer Training Program

A 10-week program offering supported volunteer opportunities within JFSLA. Participants work alongside staff while building practical vocational skills, including:

- ▶ Résumé writing
- ▶ Interview preparation
- ▶ Basic computer skills
- ▶ Teamwork and communication

This program helps participants gain confidence and prepare for the next steps toward employment.





Recreational Activities Program

Weekly activities for adults with special needs that promote personal growth, social connection, and self-confidence. Participants build friendships, develop skills, and become part of a welcoming community where they can truly thrive.

Activities include:

- ▶ Weekly in-person and Zoom activities
- ▶ Day trips
- ▶ Holiday celebrations

Eligibility: Participants must be 18 years or older.

Parent Support Groups

Support groups for parents and caregivers of individuals with special needs, offering space for emotional processing, shared experience, and resource exchange. Groups are available for caregivers of children from early childhood through adulthood.

Please contact us for current group offerings.



Community Workshops

Educational workshops for parents and caregivers focused on navigating disability-related challenges and supporting loved ones with special needs.

Case Management Services

Families and individuals receive personalized support from a social worker who helps navigate community resources and government benefits, including Regional Center services. Case management includes:

- ▶ Needs assessment and goal setting
- ▶ Care planning and coordination
- ▶ Advocacy and systems navigation

Our social workers ensure individuals and families are heard, supported, and connected to the services they need.

Short-Term Counseling Services

We offer a safe, supportive space for individuals with developmental disabilities and/or their parents or caregivers to receive emotional support and build coping skills. Available virtually and in person on a sliding-scale fee to ensure accessibility.

Services include:

- ▶ Individual counseling
- ▶ Couples counseling
- ▶ Conjoint counseling for parent(s)–adult child (18+)

Information & Referral

Guidance and referrals to a wide range of government and community agencies supporting individuals with developmental disabilities.

CONTACT US

**For more information,
please contact
818-422-2179
lifeskills@jfsla.org**



JEWISH FAMILY SERVICE LA

jfsla.org