

## Teen Center Hours

Hours:

School Year:

Independent Program

Monday/Wednesday/Friday:

3:30 - 6:30 p.m.

Jr. Teen Center

Saturday: 1:30-3:00

Teen Clubs

Saturday: 11:30-1:00

Teen Partners

Monday-Friday, by appointment

Young Adult Program

Thursday: 4:00-6:00

Summer:

Requests for Summer  
Programming due by  
4/30/2015



## The North Shore Teen Center

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## The North Shore Teen Center



Skill  
development that  
promotes a  
healthy,  
independent &  
successful  
life-style for  
teens with  
special needs

“The Apartment”

## What We Do



### NORTH SHORE TEEN CENTER INDEPENDENT PROGRAM

Our mission is to develop independence in teens with special needs by providing them with a safe, supervised and social environment which promotes skills for a balanced and healthy life-style.

Most tweens/teens start with the independent program. Teens learn and enjoy leisure and social activities, complete workouts, prepare their own snacks, contribute to the community, and complete their home work. Classes are scheduled to learn these skills.

The Teen Center is directed by an adult facilitator. Both Speech and Occupational therapists are attached to the program to provide specialized guidance, which may enable insurance reimbursement.

## Daily Activities

- **Home Work Completion**
- **Leisure**
  - Music
  - IPODS; You-Tube
  - Books/Magazines
  - Drawing; art
  - Card Games
- **Daily Living**
  - Cooking; Snack Preparation
  - Laundry/Dish washing
  - Restocking/ ordering groceries
  - Community
- **Workout**
  - Fitness Training
  - Basketball; Soccer; Baseball
  - Dance
  - Yoga
- **Classes**
  - Current events
  - Nutrition/Meal Planning
  - Conversation skills
  - Photography
- **Social**
  - Board games
  - Video games
  - Movie and pizza nights
  - Social planning

## Other Options

**TEEN PARTNERS** Our Teen Partner Program is a 1:1 version of the Independent Program offered hourly. Housed in the North Shore Teen Center, Teen Partners allows individual practice of skills. Some elect to start with this program to build skills for the larger program. Others use this option for additional practice in specific skill areas. Teen Partners also come to the home to generalize skills learned in our program.

### TEEN CLUBS

Most high schools offer clubs after school. In general, these are student-led interest groups (e.g. Anime, Interactive Gamers, Chess, Latin, Juggling club etc.). The NSTC Clubs are for teens who can follow adult-direction but need to develop the ability to interact and collaborate with fellow students. The NSTC clubs establish a theme and pursue it by group consensus, and are led by two peer mentors. *Max 10/Min 3*

### YOUNG ADULT SOCIAL GROUP

For teens aged 16-18, this group focuses on fostering social and leisure skills. The teens lead the activities of the group, negotiating and compromising, practicing appropriate social interactions and expanding the repertoire of preferred social and leisure activities.

### JUNIOR TEEN CENTER

For tweens Ages 10-12 years, our mission is to develop independence in tweens by providing them with a safe, supervised and social environment which promotes skills for a healthy lifestyle. This program is mirrored from the Teen Center model spending 30 minutes on each of 4 skill areas: social, leisure, workout/, and life skills.