

## CAMPING

Through a broad range of activities in our camping experience, the individuals are able to develop social skills as well as independence and confidence. **Therapeutic Recreation's Camping** provides camping experiences that includes:

- Rhythm & movement activities
- Bird watching
- Tent building
- Survival skills
- Sports
- Music
- Cooking
- Cooperative games
- Nature walks/hiking

Individuals that participate in the day camping trips will be transported in our RV.

## TOW TRUCK

The Tow Truck Helper Work Component allows individuals to earn no less than **Minimum Wage** while assisting the Tow Truck Driver. The skills that the individuals will be performing are:

- Interacting with the customers
- Equipment Inventory (i.e. straps, chains, etc.)
- Returning the equipment to the appropriate area on the tow truck
- Examining the vehicles for damages
- Checking the tow truck tire pressure
- Checking the tow truck lights
- Reporting any defaults on the tow truck
- Keeping the tow truck windows clean
- Assist with washing the tow truck

## PROGRAM INFORMATION

### Mission

South Bay Vocational Center's mission is to provide vocational training, advocacy, counseling, and opportunities for individuals with disabilities.

### Vision

South Bay Vocational Center vision is to expand its funding sources, to provide excellent quality services, and to develop and implement innovative ideas to benefit the individuals we serve.

### Values

South Bay Vocational Center has six core values: Growth, Stability, Image, Dignity, Trustworthy, and Competence. These values are beneficial to the individuals we serve and to the community.



South Bay Vocational Center's Day Program hours of operation are from 9:00 am to 2:00 pm and is open Monday to Friday.

For more information contact the Day Program Manager Maria Marin at (424) 488-2383.

## SOUTH BAY VOCATIONAL CENTER

# Day Program



21915 Figueroa Street

Carson, Ca 90745

Phone: (424) 488-2383

## ARTS & CRAFTS

The Arts & Crafts class is designed to promote fine motor coordination, self-esteem, and bonding in addition to creativity.

- **Fine Motor Skills** - drawing shapes, cutting patterns, hand writing, etc.
- **Self-Esteem** - completing the arts and crafts successfully builds the individuals esteem.
- **Bonding** - individuals sharing arts & crafts projects build bonding skills.



## COOKING CLASS

Cooking can help individuals learn and practice some basic math concepts and build language skills. The experience of creating meals with the instructor will help their self-confidence and lay the foundation for healthy eating habits.

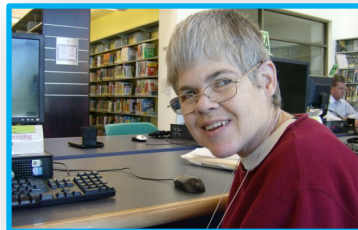


## ENTERTAINMENT

The entertainment class features three modules; Music Therapy, Dance Therapy, and Video Game Therapy.

- **Music Therapy** - is a powerful and physically non-invasive medium. This therapy reduces pain, anxiety, and depression.
- **Dance Therapy** - is the psychotherapeutic use of movement and dance to support intellectual, emotional, and motor functions of the body.
- **Video Game Therapy** - plays a key role in stress management, anxiety management, physical therapy and physical fitness.

## COMPUTER SKILLS



Our computer lab helps the individuals read and write documents, communicate with others, write and send e-mails and search the internet. The computer lab is designed to enhance computer skills and independency for the individuals in the program.

## COMMUNITY OUTINGS

Community recreational skills provides an opportunity for individuals to learn rules, social interactions and bonding. Community outings include but not limited to:

- Parks & Recreations
- Aquariums
- Beach
- Sporting events
- Historical sites
- Museums



## RETAIL

The Retail Work Component helps the individuals gain skills such as: customer service, sorting, stocking, merchandizing and interpersonal social skills while earning a paycheck. These skills get the individuals ready to obtain and retain a job out in the community. Some of the retail stores include:

- T.J. Maxx
- Burlington Coat Factory
- Salvation Army
- Dollar Tree.