

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.

WORK EXPERIENCE

Individuals can work with the various integrated work sites: Car Hauling for Copart Inc., Jobar International, etc. They will earn no less than **Minimum Wage** while getting work experience at our work sites.

- Interacting with the customers
- Equipment Inventory (i.e. straps, chains, etc.)
- Returning the equipment to the appropriate area on the tow truck
- Packaging
- Inventory
- Quality Control
- shrink-Wrapping
- Counting materials

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 Community Integrated Training Program Erika Castellnos at (424) 488-2383.

SOUTH BAY VOCATIONAL CENTER

Integrated Community 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.