



## Life Skills for Community Independence

### Quarter 2, 2019

**April 3 and 4 – Introductory Class-** Overview of the upcoming curriculum; brainstorm of student goals; review of Sarah Mann exercise assignment from previous quarter; healthy eating conversation activity

**April 10 and 11– Community Health Resources-** We are so excited to welcome Bryn Gelaro (Global Down Syndrome Foundation) and Barry Martin, M.D. to discuss the Adult Down Syndrome Clinic and recent developments in mental and physical health in adults with DS. *Parents encouraged to attend from 6:30-7:00pm, please RSVP to Sallym@rmdsa.org*

**April 17 and 18 – Campus Safety Guest Speaker-** DU Campus safety community resources officers will visit class to cover basics of body and environmental awareness, basic self-defense, interacting with law enforcement, and how to successfully find and use safety resources.

**April 24 and 25- RTD Light Rail Ride-** We will take a community trip using the light rail (destination TBA) to put into practice the lessons we learned from the campus safety officer.

**May 1 and 2 – RTD Bus Ride-** We will take the RTD bus to the Eugene Field branch library to explore resources available at the library.

**May 8 and 9– Problem Solving in the Community-** We will use videos and role play to discuss problem solving and safety solutions while out in the community.

**May 15 and 16 – HVE Summer Picnic Planning Session-** The students will work as a class to plan the food and beverages, and then work in small groups to plan activities and games for the HVE summer family picnic.

**May 22 and 23– DU Campus Safety Scavenger Hunt-** Students will work in small groups with student/peer volunteers to practice community safety skills and access community resources on the DU campus through a campus scavenger hunt.

**\*\*HVE Summer Potluck Picnic, 5/25 at 2:00pm\*\* Location TBA**

Special Events:

-DU Women's Lacrosse Game, 4/19 at 7:00pm