



CENTER FOR THE ARTS ■

Little City's renowned Center for the Arts (CFA) is an award-winning program that provides new possibilities for communication and expression. **The center cultivates an individual's unique talent and creates a sense of empowerment and accomplishment.**

Through the use of media technology, the *Media Arts Program* encourages and supports creative expression and information skill-building by developing skills in photography and graphic arts. When artists share their digital vision they become active members of the global virtual community. The *Studio Arts Program* enables artists to explore mediums such as drawing, painting and sculpture. The result of this program is a dynamic arts center that pushes the envelope, and strives for innovation by offering new possibilities of artistic engagement. Artists from the CFA have showcased their work in gallery exhibitions and art fairs around the world. They have the opportunity to be compensated for their work once purchased or commissioned.

HORTICULTURE ■

The horticulture program at Little City **helps develop numerous skills in gardening and landscaping** through four main teaching aspects: general horticulture skills, the life cycle of plants, care, and maintenance of indoor plants and outdoor gardening.

Participants work in a team environment to maintain a garden and engage in social interaction with volunteers. Through instructional classes, participants have full involvement in the planning, planting and care of two fields in which they grow vegetables, fruits, herbs and flowers. The program also provides employment opportunities.

AUTISM SPECTRUM ENGAGEMENT ■

Autism Spectrum Engagement (ASE) is designed to maximize staff and participant interaction for adults (18 and older) on the autism spectrum. **Through a structured environment, participants are offered support in the following areas to promote personal growth, social inclusion, community integration and overall independence:**

- > Life skill development > Social skill acquisition
- > Sensory feedback experiences > Behavioral modification

This program is intended to enhance both independence and communication, decrease maladaptive behaviors and improve overall quality of life by focusing on the development of daily living skills. Community integration is achieved through outings and recreational activities.

■ Palatine Campus ■ Countryside ■ Lakeside

ABOUT LITTLE CITY

Since 1959, Little City has developed innovative and personalized programs to fully assist and empower children and adults with autism and other intellectual and developmental disabilities. With a commitment to attaining a greater quality of life for hundreds of children and adults, Little City actively promotes choice, person-centered planning and a holistic approach to health and wellness.

Originally established in 1954, Countryside Association built a sterling reputation on its superior home-based services, in-day programming and vocational skills advancement for adults with developmental disabilities.

Since merging with Little City in 2016, the organizations have come together to provide more comprehensive services and a greater array of programs. Together as one, Little City continues to provide children and adults with autism and other intellectual and developmental disabilities the best options and opportunities to live safely, work productively, explore creatively and learn continuously throughout their lifetime.



FOR MORE INFO, VISIT www.littlecity.org
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Community Day Services



littlecity.org/dayservices



Little City is dedicated to creating a healthy and stimulating balance of work, educational experiences and recreational opportunities for all individuals with intellectual and developmental disabilities. The adults at Little City participate in a wide range of programs and flourish in settings that support their specific needs.

Little City's Community Day Services provide adults with activities enabling them to become more independent, productive and integrated into the community.

GOLDEN OPPORTUNITIES ■ ■ ■

Golden Opportunities is designed to **support senior adults (50 and older) with an individually tailored array of services that address their needs.** Options are provided that support aging, compensate for any aging-related decline and enable those served to function independently for as long as possible.

This program is held in a social and safe environment designed to uphold and improve the quality of life of each participant. Activities vary each day and include everything from community volunteerism to activities designed to sharpen and maintain mental and physical skills. Staff provides individual advocacy assistance and connections to community professionals who offer health care, financial, legal, and residential services.

NEW HORIZONS ■ ■ ■

New Horizons is designed to primarily support individuals (18 and older) **who have limited work skills or profound disabilities.**

The program's major focus is activities that increase personal, social and educational development such as remedial education, community integration training, prevocational skills training, creative expression and training/assistance with personal care.

Services are provided in a social, safe and structured environment intended to allow participants to reach their fullest potential

LIFE & VOCATIONAL SKILLS ■ ■ ■

The Vocational Skills program is designed to **teach adults (18 and older) self-help skills, social and communication skills, and a variety of leisure and work skills through training opportunities in a safe and structured environment.**

Participants are assessed for proper job preferences and capability, and are paid for their completed work. Additionally, instructional support is offered to assist individuals learn new work tasks, positive workplace habits and to be as productive as possible.

In addition to work, non-paid training activities focus on personal, social, and educational development including remedial education, community integration training, prevocational training, creative expression and assistance with personal care. Connections within the community give participants opportunities to engage in volunteer activities, learn self-advocacy skills and access services that offer additional support and training.

Whatever the environment, the Vocational Skills program seeks to help participants learn adaptive skills and safe practices and increase their capabilities and self-esteem so as to promote independence, pursue personal goals and interests and maximize self-sufficiency.

EMPLOYEE DEVELOPMENT SERVICES ■ ■ ■

The Employee Development Services (EDS) Program **develops skilled employees (18 and older) through a diversified and accessible transitional training program.** EDS assists individuals seeking employment to develop or reestablish basic interpersonal skills, attitudes, and work behaviors needed to achieve positive employment outcomes. EDS emphasizes engagement techniques designed to maximize staff and participant interaction.

Through inclusion activities such as volunteerism, community exploration and continuing education, EDS provides individuals an opportunity to more fully participate within their local communities.

The ultimate goal of EDS is to prepare individuals to transition to Little City's Employment First Program and to eventually become active job seekers in the community with competitive, paid work.