



A Day In The Life:

Evolve 365

Curious what we do on the day-to-day?
Take a peek inside to explore all the different things
that our young adults get to do at Evolve!

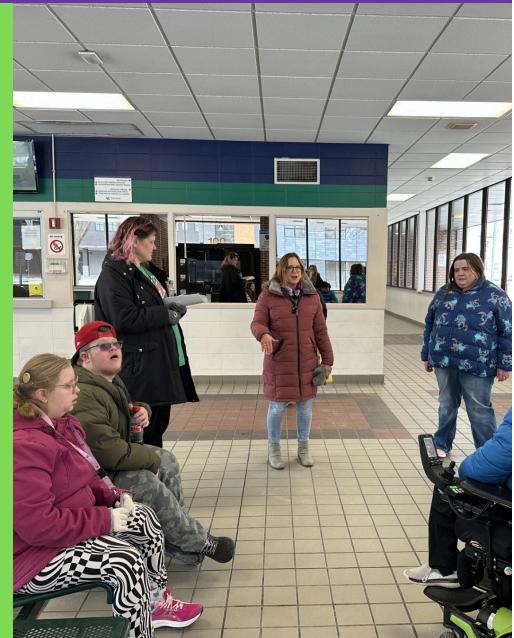


Navigating My Community

Transportation Skills

Why This Matters

Oh, the places you'll go! At Evolve, young adults practice using both public and private transportation. Working on these skills helps prepare participants to become more independent in safely navigating their community. Young adults also work on the planning aspect of transportation: identifying bus route details and knowing their schedules.

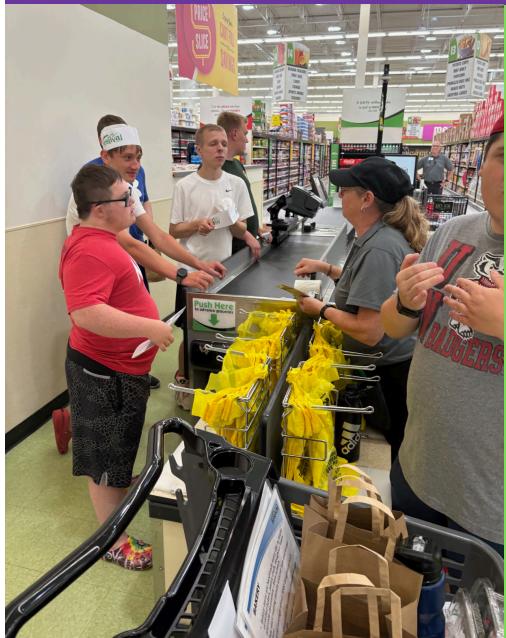


Skills Worked On:

- Using Public Transportation
- Reading Bus Maps + Schedules
- Identifying Road Signs
- Pedestrian Safety
- Using A Bus Pass
- Problem Solving In The Community
- Knowing Your Transportation Schedule

Yes I Can!

Daily Living Skills



Why This Matters

At Evolve, we work on transferable skills that can be taken into everyday life. Young adults can expect to practice a variety of skills that will increase their independence and help them gain confidence in themselves. Through engaging lessons and hands-on learning, our participants will leave feeling a little more prepared to take on the adult world.

Skills Worked On:

- Cleaning + Chores
- Laundry Skills
- Grocery Shopping
- Hygiene Skills
- Time Management
- Person Centered Planning
- Activity Planning + Decision Making





Smart Spending

Money Management Skills

Why This Matters

The world will always use money. We want our young adults to understand the value of a dollar bill and how to use it. Through carefully curated activities and real-world practice, participants will grow in their financial literacy. Whether it's using the dollar up strategy at the coffee shop, budgeting for grocery shopping, or calculating a tip at lunch, our participants will continually practice their money management skills.



Skills Worked On:

- Identifying Coins + Dollar Bills
- Making Cash Transactions
- Wants vs Needs
- Tax + Tipping
- Dollar Up Strategy
- Budgeting + Saving Money
- Financial Goals
- Executive Functioning

Kitchen Creations

Cooking and Baking



Why This Matters

Everyone loves yummy food! Our cooking and baking activities help our young adults practice an important everyday skill – preparing a meal. Young adults see the process from start to finish. From researching meals to creating a grocery list, cooking the food, and cleaning up, our participants become culinary artists (and get to enjoy their creations)!

Skills Worked On:

- Meal Planning
- Following Visual Recipes
- Kitchen Safety
- Washing Dishes
- Measuring Skills
- Using Kitchen Tools
- Oven and Microwave Skills
- Food Safety and Expiration Dates





Show Your Creativity

Creative Arts

Why This Matters

Arts and craft activities give our young adults the opportunity to express themselves, unleash their creativity, practice fine motor skills, and practice decision-making. Creative Arts time at Evolve is an engaging process that helps young adults practice sequencing tasks, show their creative style, and grow in self-confidence as they create work they can be proud of.



Skills Worked On:

- Fine Motor Skills
- Using Tools Safely (Scissors, Hot Glue Gun, etc)
- Following Step-by-Step Directions
- Expressing Choices and Preferences
- Sharing Materials + Taking Turns
- Building Pride and Confidence
- Self Expression

Exploring My World

STEM Activities



Why This Matters

At Evolve, we love hands-on learning. Young adults will get to participate in weekly themed STEM activities that help them develop their executive functioning, fine motor, and problem-solving skills. Participants will practice making predictions and turning their questions and curiosities into discoveries.

Skills Worked On:

- Following Directions
- Measuring Skills
- Safety Awareness
- Collaboration and Group Work
- Problem Solving
- Observational Skills
- Critical Thinking Skills
- Curiosity + Life Long Learning



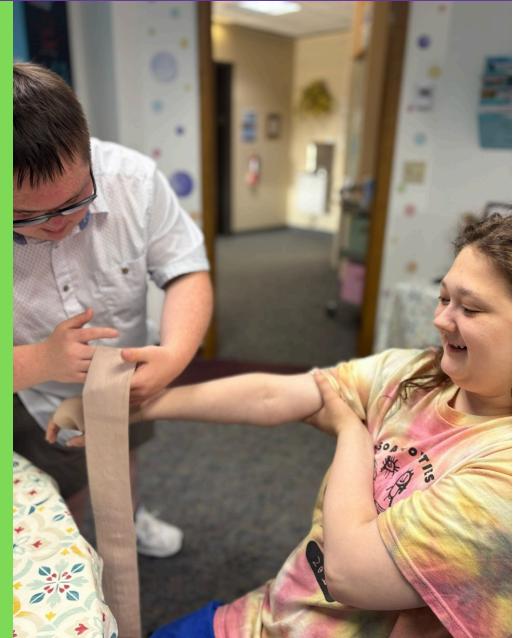


Safety First

Health + Safety

Why This Matters

The ability to be safe in today's world is what every parent desires for their child. At Evolve 365, we work daily on making safe choices in the community. Staff provide learning opportunities and guidance on health and safety principles. We want every young adult to feel confident in their safety skills and prepared for emergencies.



Skills Worked On:

- Identifying Helping Professionals
- Emergency Preparedness
- Online Safety
- Knowing Emergency Contacts + Important Information
- Stranger Awareness
- Community Safety
- Basic First Aid Skills

Caring Connections

Communication + Social Skills

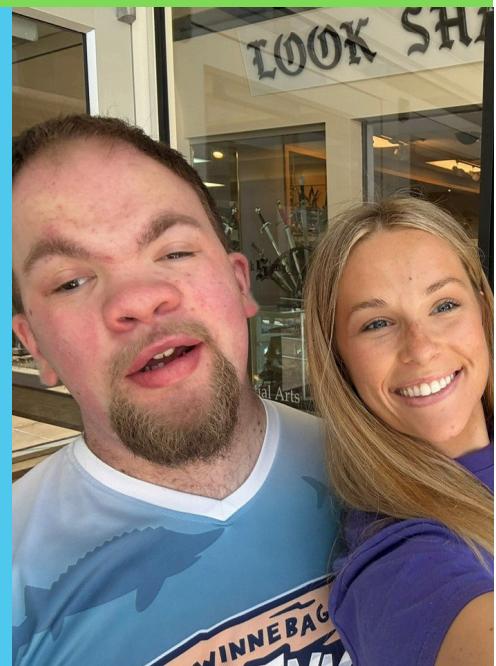


Why This Matters

The world craves connection and values communication. At Evolve 365, we encourage positive relationship building and work on skills to navigate the ups and downs of human relationships. We also work on communication skills with each individual and practice these out in the community on the day to day.

Skills Worked On:

- Initiating Conversation
- Conflict Resolution
- Compromising
- Relationship Building
- Healthy Relationships
- Public vs Private Places + Behaviors
- Boundaries
- Emotional Regulation + Coping Skills



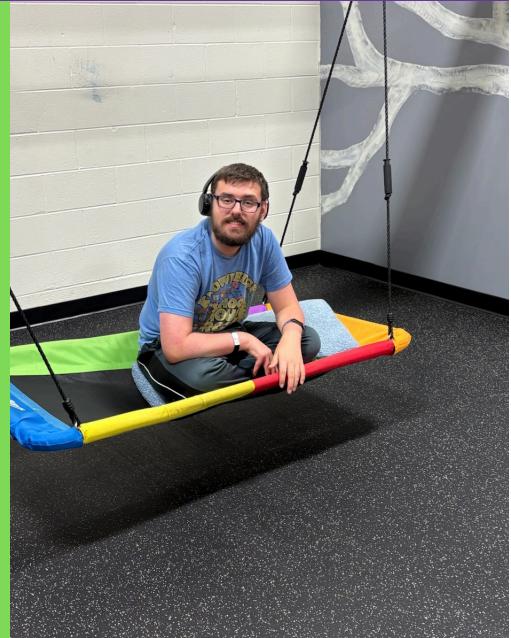


Me Time!

Hobby Exploration

Why This Matters

Hobbies and recreation are an important part of everyday life. We want to empower our young adults to explore areas of interest and enjoy spending time in the community with friends. During leisure activities, young adults practice many life skills such as money management, communication skills, decision-making, and more.



Skills Worked On:

- Building Relationships
- Exploring Hobbies and Interests
- Creative Arts: Music, Dancing, Singing
- Decision Making
- Navigating The Community
- Social Skills
- Money Management

Speak Up + Speak Out

Self Advocacy Skills



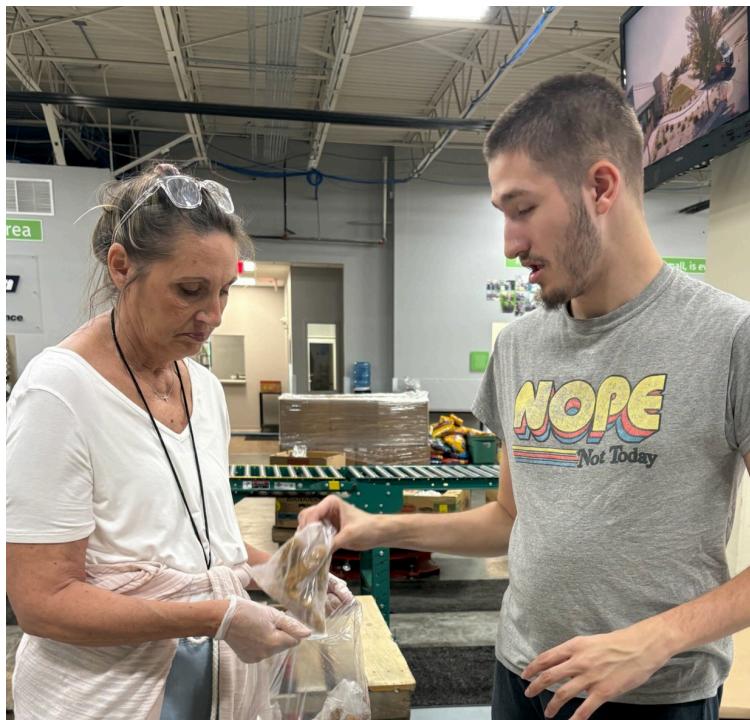
Why This Matters

At SOAR, we are passionate about advocating for our participants as well as teaching our participants how to advocate for themselves. At Evolve, young adults will get opportunities to practice different self-advocacy skills. Each participant also works with Evolve staff to create their own person-centered plan and participates in planning their own programming.

Skills Worked On:

- Decision Making
- Expressing Wants, Needs, and Preferences
- Asking For Help + Requesting Accommodations
- Disability Awareness
- Goal Setting
- Understanding Rights + Responsibilities





Helping Hands

Volunteering and Civic Engagement

Why This Matters

We love to give back to the community that gives so much to us! Our young adults participate in weekly philanthropic experiences that help them practice vocational skills, learn about different resources in the community, and spread joy and kindness to others! From the food pantry to the horse stables, our young adults stay busy volunteering!



Skills Worked On:

- Participating in Community Service Projects
- Building Relationships with Community Members
- Practicing Vocational Skills
- Exploring Resources and Services in the Community
- Listening Skills + Following Directions

Healthy Bodies

Exercise + Healthy Eating



Why This Matters

Evolve 365 encourages young adults to live a healthy lifestyle by offering exercise and healthy eating opportunities. The group stays active in the community daily. Young adults may get to try their hand at pickleball, go for a swim, or participate in a YMCA workout class!

Skills Worked On:

- Exercise Exploration
- Identifying and Utilizing Community Resources
- Swimming + Sports
- Making Choices
- Trying New Things + Flexibility
- Food Groups + Healthy Eating
- Nutrition Labels



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