

# **Community Based Supports**



Intentional activities that promote connections in the community and build skills for greater independence.

WORK Inc.'s suite of community services is guided by the belief that every individual with a disability should have access to quality community opportunities that help them to develop important life skills, increased self-confidence, and social connections. We educate individuals and their families about community possibilities that lead to employment, community membership in volunteer activities, social and civic organizations. We aim to provide novel experiences that expand skills, choices and opportunities that will promote independence and well-being.

#### For Information

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# **Services include:**

Services are provided face to face with virtual options that enhance skill building and engagement. We work to create personalized schedules that reflect an individuals' unique culture along with their interests and goals. This is done through various settings in their local communities.

# **Pre-Employment Training**

WORK Inc. provides intentional activities that prepare an individual for competitive integrated employment. Some of these activities include soft skills and interview training, resume development, virtual job shadowing, and travel training.

## **Volunteer and Internship Experiences**

WORK Inc. partners with a large pool of social organizations such as Meals on Wheels, Citizens to Citizens Food Pantry, and Gifts to Give to provide individuals opportunities to practice social skills, time management and other work-related skills that encourage employment and build social networks.

### **Social Recreational Activities**

WORK Inc. provides an array of social recreational activities including trips to the Buttonwood Park Zoo, Whaling Museum, Wonderbowl, and other community experiences.

#### **Health and Wellness Activities**

We engage in activities that focus on keeping our individuals physically active while also interacting with peers such as Fairhaven Track, Chair Yoga, Mobility Stretching, Meditation and a variety of other exercise activities.

## **Technology Support and Training**

We provide daily remote services through our Zoom Social Gatherings. The social gatherings are available Monday to Friday, from 9:00am-1:00pm. The main focus is to prepare the individuals to socialize and engage in different settings including, but not limited to, interviews, community activities, and interacting with friends. Individuals are provided support with troubleshooting any issues that arise when connecting to remote services.