


CONNECTIONS



photo by Jeremie Goike

Connecting to the world around us

CONNECTIONS is a **free, group-based program** for teens and young adults who have a referral from a vocational rehabilitation counselor. Provided by the  Alabama Department of Rehabilitation Services (ADRS), the program is designed to **enhance social skills and confidence** for gaining and maintaining employment, **improve peer relations**, and **smooth the transition into adulthood**. The curriculum features **fun, hands-on activities** and **community outings**.

Topics include **First Impressions, Initiating and Holding Conversations, Dating, Respecting Boundaries, and Interviewing**.

where

Birmingham
Decatur
Enterprise
Montgomery

when

From August to May, groups meet twice monthly on Tuesday evenings in Birmingham, Enterprise, and Montgomery and twice monthly on Thursday evenings in Decatur.

Before sessions begin, participants are given a schedule outlining meeting and outing dates.

info

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+ connecting parents

In addition to the Connections meetings, there are sessions where loved ones can learn techniques and strategies to reinforce skills at home, learn about other resources/programs within the community, and be a support to one another.

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