

REAL. LIFE. SKILLS.



INNOVATIONS Center For Learning

Innovations Center for Learning provides opportunities for people to build their social, living, work, interpersonal, health, and recreational skills. Opportunities to think creatively, make choices, and participate in meaningful life activities is the focus of all Innovations learning tracks.



TOGETHER
WE'LL DISCOVER POSSIBILITIES

All activities at Innovations Center for Learning follow a person-centered approach. A variety of tracks allow people to choose classes that fulfill goals that are personal to them. Classes run on a 12-week semester. Courses for 2017 include:

1. **Self Advocacy & Life Skills:** Courses in this track focus on personal and community safety, healthy relationships, self care, socialization, and team building. Many workshops are peer-led from partnering agencies, providing personal and real life experiences.

2. **Creative Arts:** From mixed media, painting, and jewelry design, people are able to tap into their inner artist. Whether creating art for themselves or to sell at the Mains'l Boutique, people are able to express themselves with limitless imagination.

3. **Health & Wellness:** Innovations offers daily Health and Wellness classes. These classes promote a healthy lifestyle through movement, recreation, and learning how to make healthy food choices.

4. **Science & Tech:** People have access to computers for class research, personal enjoyment, and job readiness. People will also put their problem solving skills to work in the hands-on science course.



CREATIVITY
AND HANDS-ON LEARNING

5. **Community Experience and Volunteerism:** Volunteering and community involvement provide opportunities to build social and vocational skills. It is also a great way for people to be involved and give back to their community.



WANT TO LEARN MORE?

Call 530-894-2057 or go to www.mainsl.com.