



COLLEGE ESSENTIALS+

College Essentials+ is a year-round program offered by Mains'l Services, that supports people interested in pursuing a college degree or academic certificate.

The College Essentials+ program focuses on real life skills in four global domains:

- ✓ **Academic Skills**
- ✓ **Independent Living Skills**
- ✓ **Vocational Skills**
- ✓ **Social Skills**

As we support people to build skills in each of these four domains, we collaborate not only with the student and their family, but also the educational system.



Our College Essentials+ staff are available to assist people with their academic needs. In addition, we provide supports in the participant's home and community, to help strengthen social, residential, and vocational skills.

Together, realistic and attainable plans are created in support each person's hopes and dreams. Our approach is tailored specifically to each person's goals and needs. Students receive support all year long, not just when school is in session.



We understand that the transition into "college life" can feel intimidating. For some people, this transition can be downright overwhelming.

That's why we're here to help.



WANT TO LEARN MORE?

Contact Katelyn at knroedler@mainsl.com, 612.930.7074, or visit us at mainsl.com