



Teen & Young Adult Programming

Dreams With Wings

Our non-profit began serving individuals in 2000 and is located in the Highlands Neighborhood in Louisville, Kentucky. Our mission is to empower children and adults with intellectual disabilities and developmental disabilities, including autism, as they recognize their strengths, contribute to their community and pursue their dreams. We provide an array of services including Residential Housing, Adult Day Program, Supported Employment, Behavior Supports, Occupational/Physical/Speech Therapies, Summer Camps, and Teen & YA Programs.

Year-Round Teen & YA Programs (September - December 2023, January – May 2024)

Overview

Dreams With Wings Year-Round Programs are geared towards individuals aged 13-26 with intellectual disabilities and developmental disabilities, including autism. Our curriculum is designed to use hands-on learning activities across a wide variety of topic areas to promote creative expression, improve physical health, teach life skills, and build relationships with peers. Our sessions are facilitated by professional and educational instructors who have experience working with the teens and young adults that attend our programs. Dreams With Wings staff attend each session as well to support all attendees.

Application

We use an application to gather detailed information about any new program participants to ensure we are able to provide the best support possible for each teen to have a great experience. We encourage CLS workers or Behavior Supports to join the sessions if needed and will discuss this arrangement ahead of time.

Schedule

Our core programming schedule is available on our website (<https://www.dreamswithwings.org/teenyaeducation>) and is sent weekly to all of our families via an email distribution list. The schedule provides a detailed description of each session's activity, when it is scheduled, and how to RSVP to join a session. Special programming series are sent out in advance via email to provide notification and to register for the sessions.

Email Distribution List

Families are added to the email distribution list by contacting Heather Sauer, hsauer@dreamswithwings.org, to get an application and to be added to the weekly list.

Supplies or Materials

We work with our guest instructors to obtain the list of materials in advance to ensure all participants have what they need for each session.

Frequency/Format

Our programming is provided during the week on multiple days, with special programming limited series on Mondays, Tuesdays, and Thursdays along with weekly and more flexible capacity on Wednesdays.

Class Sizes

In-person programming spots will be made available on a first come-first served basis for Wednesdays or based upon pre-registration for special programming on Mondays/Tuesdays/Thursdays with any limitations communicated in advance of the sessions.

Cost



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Our programs are generally private pay and we can accept Respite funds through the Michelle P Waiver with coordination made in advance to be added to the Plan of Care and any additional requirements.

Special Programming:

- The cost of special programming is dependent upon the class with pre-registration required to hold a spot and ensure participation in each session. These sessions include our dramatic arts residencies, pre-vocational classes and Social Skills Programs.
- If Michelle P Waiver Respite funds are used, each family will need to contact Heather Sauer as soon as possible to have the Teen Program added to their Plans of Care (POCs) and Prior Authorizations (PAs) along with any additional coordination to determine how many units are available.

Core Programming:

- Our cost for core programming is \$25 per event day for in person.
- If Michelle P Waiver Respite funds are used, each family will need to contact Heather Sauer as soon as possible to have the Teen Program added to their Plans of Care (POCs) and Prior Authorizations (PAs) along with any additional coordination to determine how many units are available.

All fees to join the sessions are used to offset the cost of instructor lesson plan development, session facilitation, and program administration costs. We accept private payment for fees using contactless PayPal, check, or cash.

Program Contact

Heather Sauer, Youth Programs Director, is the primary contact for our Teen & YA Year-Round programming. She can be reached to learn more by phone or email using the contact information below:

hsauer@dreamswithwings.org

Office: 502.459.4647

Administrative Office Address: 1579 Bardstown Road, Louisville, KY 40205

Enrichment Center Address: 2106 Bardstown Road, Louisville, KY 40205

Dundee Studios Address: 2202 Dundee Road, Louisville, KY 40205

Schedule for Winter /Spring 2024

Monday/Tuesday – Prevocational Class and Community-based learning.

- (Twice Weekly) Prevocational Training with Ellen Emerson
 - 1/15/24-3/18/24 Mondays and Tuesdays
 - Time: 4:30-6P
 - Location: Location: Enrichment Center Address: 2106 Bardstown Road, Louisville, KY 40205
 - Duration/payment details: 10 week series commitment that meets Mondays and Tuesdays, advanced registration required, \$20 per session (\$400 for the 10 week session), Michelle P or Private Pay accepted
 - Class Size - (6 participants max)



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- Description: Training will promote skills needed for obtaining job roles and introduce different employment opportunities that are available. One session each week will be focused on group job shadowing at sites within the Louisville community.
- Register for class: email emerson@dreamswithwings.org for more information.

Monday – Dramatic Arts Residencies

Spring Play Collaboration with Commonwealth Theater Center - Mondays

- 4/08/2024 - 5/20/2024 Mondays, 5/25/2024 Saturday Performance
- Time 4:30-6P
- Location: Dundee Studios Address: 2202 Dundee Road, Louisville, KY 40205
- Duration/payment details: series with 7 week commitment, advanced registration required, \$25 per session with additional fee for costumes, Michelle P or Private Pay accepted
- Class Size - (20 participants max)
- Description: Our Spring play is an original work that the teens devise with the help of our talented instructors from Commonwealth Theater Center. The sessions will culminate in a showcase sharing of the play with a reception afterwards. Skills targeted are: social-emotional learning, confidence, flexibility, collaboration, latency, repetition, and memorization.
- Register for class: email hsauer@dreamswithwings.org
- **Open Spots Available!**

Tuesday – WingSpace Dramatic Arts Residency (Winter Drama Class with Jess De La Rosa and Actor's Theater Louisville)

Winter Collaboration with Actor's Theater

- Tuesdays this Winter (2/06/24-03/12/24)
- Time 4:30-6 P
- Location: Dundee Studios Address: 2202 Dundee Road, Louisville, KY 40205
- Duration/payment details: series with 6 week commitment, advanced registration required, \$25 per session with additional fee for costumes, Michelle P or Private Pay accepted
- Class Size - (20 participants max)
- Description: This Winter's WingSpace acting class is a play devising session where we'll learn about acting, improvisation, character development, story building and performance! The session will culminate in a showcase sharing of the work we've done. Skills targeted are: social-emotional learning, confidence, flexibility, collaboration, latency, repetition, and memorization.
- Register for class: email hsauer@dreamswithwings.org
- **Open Spots Available!**

Wednesday – Creative Arts (Art in all formats) Physical Activity (Boot Camp, Yoga, Dance), Musical Interventions (Music Therapy & Drumming)

- Start Date: 1/10/24 – 05/29/24 Wednesdays
- Time: 4:30-6:30
- Location: Dundee Studios Address: 2202 Dundee Road, Louisville, KY 40205 and select community outings in the neighborhood



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- Duration/payment details:\$20 per session, Michelle P or Private Pay accepted, no commitment for every week, email list sent weekly with schedule so teens/young adults can pick and choose which sessions/weeks they want to attend
- Class Size - RSVP required by Tuesday each week to help with staffing.
- Description: Each Wednesday has multiple activities that are structured in 30 - 45 minute mini-sessions. For example, on Wednesdays, we may have a drumming class (4:30-5:15), boot camp (5:15-5:50), and yoga/meditation (5:50-6:30).
- We may have participation limited series as part of our offerings that will require pre-registration and a capped roster. For example, grant funded residencies require a set roster to make purchases and enable meeting participation requirements. Notification of these limited series is included in the weekly emails sent to our distribution list.
- RSVP to join: email hsauer@dreamswithwings.org
- **Open Spots Available!**

Thursday – Taking it on the Road: Community based social skills sessions. We are offering two sessions in Winter 2024

- Start Date: 01/25/24 - 02/29/24, 03/07/24 – 04/11/24
- Time: 4:45-7:30
- Location: Enrichment Center Address: 2106 Bardstown Road, Louisville, KY 40205
- Duration/payment details: 6 week commitment, advanced scheduling and prepayment required \$150 for series + spending money for community activities, Michelle P or Private Pay accepted
- Class Size - capped at 8 participants.
- Description: Community that teach positive interpersonal relationship skills and additional skills such as Self-Confidence, Compromise, Respect for Others, Time Management, Self-Advocacy, and Relationship Building in a community setting.
- Register for class: Complete Google form to register <https://forms.gle/RfouWiNRThQTRo9a7>
- Contact Heather Sauer at hsauer@dreamswithwings.org for more information
- **Open Spots Available!**

Saturday – Monthly Title Boxing Sessions

- Start Date: 01/20/24 - 05/11/24
- Time: 12P-1:15
- Location: TITLE Boxing Club Louisville Hurstbourne: 849 S Hurstbourne Pkwy, Louisville, KY 40222
- Duration/payment details: 5 monthly session week commitment, advanced scheduling and prepayment required \$25 for each session Private Pay only in advance. Gloves and session time covered by fee.
- Class Size - capped at 15 participants.
- Description: Monthly heavy bag boxing class taught by professionals and catered to our group. 12:00 arrival to get hands wrapped, 12:30 class start time, 1:10 ending.
- Contact Heather Sauer at hsauer@dreamswithwings.org for more information
- **Open Spots Available!**