



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 2022, January – June 2023)

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 and Tuesdays along with core programming days on Wednesdays and Thursdays.

Class Sizes

Our virtual sessions do not have a size limitation. 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 with any limitations communicated in advance of the sessions.

Cost

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 and Circles Social Skills Program.



Teen & Young Adult Programming

Core Programming:

- Our cost for core programming is \$20 per event day for in person and \$15 for virtual based upon attendance.

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 pay for these sessions using contactless PayPal, check, or cash.

Program Contact

Heather Sauer, Teen & Young Adult Program 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

Mobile: 614.353.9842

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

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

Schedule for Winter-Spring 2023

Monday – Dramatic Arts Residencies (Winter Cabaret Mondays, Spring Play Collaboration with Commonwealth Theater Center)

- Cabaret Mondays
 - 2/6/2023 - 3/27/23 - Mondays
 - Time 4:30-6 P
 - Location: Enrichment Center Address: 2106 Bardstown Road, Louisville, KY 40205
 - [New Program in Winter 2023](#)
 - Duration/payment details: series with 8 week commitment, advanced registration required, \$20 per session, Michelle P or Private Pay accepted
 - Class Size - (15 participants max)
- Spring Play Collaboration with Commonwealth Theater Center - Mondays
 - 4/10/2023 - 5/22/2023 Mondays, 5/27/2023 Saturday Performance
 - Time 4:30-6P
 - Location: Commonwealth Theater Center: 1123 Payne St, Louisville, KY 40204
 - [Existing Program](#)
 - Duration/payment details: series with 8 week commitment, advanced registration required, \$20 per session, Michelle P or Private Pay accepted
 - Class Size - (15 participants max)

Tuesday – Social Skills classes that teach positive interpersonal relationship skills

- Start Date: 2/28/23 – 4/11/23, 4/25/23 – 5/30/23
- Time: 4:30-6
- Location: Enrichment Center Address: 2106 Bardstown Road, Louisville, KY 40205
- [Existing program](#)
- Duration/payment details: 6 week commitment, advanced scheduling and prepayment required \$120, Michelle P or Private Pay accepted
- Applications will go out on 2/14/23 for the Feb – April sessions and 3/28/23 for the April – May sessions. Optional Zoom intro meetings will be scheduled weeks of 2/20/23 & 3/20/23 to introduce interested parents to the instructor, Jennifer Fuller, and to prepare for the sessions
- Class Size - capped at 6-8 participants



Teen & Young Adult Programming

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

- Start Date: 1/25/23 – 5/31/23
- 4:30-6:30 Wednesdays
- Location: Enrichment Center Address: 2106 Bardstown Road, Louisville, KY 40205
- [Existing program](#)
- Payment details:\$20 per session, Michelle P or Private Pay accepted
- 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 (5:15-5:45), and yoga/meditation (5:50-6:20).
- Class Size - RSVP required by Tuesday each week to help with staffing
- Special Art workshop series on specific dates from 4:30-5:30 (01/25/2023, 02/08/2023, 02/22/2023, 03/01/2023, 03/15/2023, and 03/22/2023) that is full. Open slots are available for the 5:30- 6:30 sessions on these dates and on all other Wednesdays, the full 4:30-6:30 sessions are open.

Thursday – Soup to Nuts Supper Club

- Start Date: 1/26/23 - 5/25/23
- Location: Virtual via Zoom
- Time 5:15 -6:15 every other Thursday (1/26/2023, 2/9/2023, 2/23/2023, 3/9/2023, 3/23/2023, 4/13/2023, 4/27/2023, 5/11/2023, 5/25/2023)
- [Existing program](#)
- Description 1) Virtual Cooking Classes via Zoom once a month (Cook from home using provided recipes side-by-side with family members)
- Class Size - RSVP required by Tuesday for Zoom