

Lifelong learning and supported achievement for adults with intellectual and developmental disabilities

- Postsecondary, campus and community environment
- Individualized paths to achievement
- Career certifications, supported employment
- Life skills and life enrichment
- Corporate and community links to success

Accelerate your dreams with us.
www.thearcsf.org

About Us

The Arc San Francisco is a non-profit 501(c)(3) service, education and career center for adults with intellectual and developmental disabilities and their families living in San Francisco, San Mateo and Marin counties.

Started by parents over 60 years ago, we now serve more than 750 clients with Down syndrome, autism and other disabilities, providing vital and innovative programs and services that empower our clients to achieve their highest potential and live more independently in our community.

The mission of The Arc San Francisco is to serve people with intellectual and developmental disabilities by promoting self-determination, dignity and quality of life.

For more information, visit our website or contact Nina Asay, Director of Intake, Assessment & Individual Service Plans at (415) 255-7200, or nasay@thearcsf.org.



2015-2016

Programs & Services

CAMPUS LOCATIONS

SAN FRANCISCO

1500 Howard Street
San Francisco, CA 94103
Tel: (415) 255-7200

SAN MATEO COUNTY

6644 Mission Street, Suite A
Daly City, CA 94014
Tel: (650) 756-1304

MARIN COUNTY

55 Shaver Street, Suite 320
San Rafael, CA 94901
Tel: (415) 255-7200



Welcome to The Arc Center for Lifelong Learning

The Arc San Francisco is a lifelong learning and supported achievement center that offers both structured and open paths to individual goals and aspirations for adults with developmental disabilities.

Started by parents over 60 years ago, we now serve over 750 adults with Down syndrome, autism and other disabilities across three counties. Our postsecondary programs offer a full continuum of academic, vocational and life skills options that can evolve as needs change throughout the adult lifespan.

We are committed to meeting each person we serve wherever they are on their path to success, providing personalized support and resources both on-site and in the community.

From life skills building to careers, our continued learning approach encourages each individual to expand their abilities and fulfill their potential at their own pace. In addition, our residential, health care, seniors and recreation services promote self-reliance, wellness and quality of life.

Together, The Arc's distinctive programs and services enable participants to meet the challenges of adulthood while achieving personal goals and lifelong success.

Corporate & Community Linkages & Affiliations

Our alliances with over 120 businesses and corporations plus 90 nonprofits in San Francisco, Marin and San Mateo counties help us to:

- Offer more strategic volunteer and employment opportunities
- Create more internships and specific career paths
- Develop innovative skills building programs to meet new needs
- Provide a more diverse and enriching experience

Programs

Individuals preparing for competitive employment are empowered through real-world experiences, trainings and support that pave the way for meaningful work.

Core curricula integrates academic and vocational preparatory skills through classroom, practical and site-based learning at The Arc and through linkages at community colleges.

Volunteering Technology Training
Professional Conduct & Appearance
Interview Skills Resumé Writing
Community College Classes and Activities

Employment Development

- Pre-employment curriculum
- Work skills and workplace competency
- Career exploration and certification(s)
- Site- and community-based classes
- Volunteering and service learning
- Functional academics and practice
- Job Club and career preparatory
- Internship programs
- Internet and email use and safety
- Computer and mobile technology
- Conversation/Listening Skills
- Healthy Relationships

Career Certifications

AVAILABLE NOW
Early Childhood Development (Teacher Asst.)
Pet/Kennel Attendant

AVAILABLE 2017
Customer Service IT/Tech Support
In-Home Caregiving

For young adults just starting out, working or non-working individuals honing foundation skills or retirees trying something new, a broad range of life skills, art and fitness classes are available on-site or in the community to fit different needs and goals.

Participants receive support both individually and in groups to develop and expand their abilities, explore new horizons and increase personal growth at any stage of life, education or career.

Basic Literacy Computer Competency ArtReach Studio
Friends Like Me Fitness Money Management
Schedule Planning Yoga and Dance Food Skills
Cultural and Sports Events

Careers & Advancement

- Career assessment and placement
- Application of core academic skills
- Understanding responsibilities and job performance
- Workplace boundaries and relationships
- Teamwork and work-related attitudes
- Prioritizing and time management
- Ongoing job coaching and personal support
- Enhanced computer skills
- Adapting to workplace and job change
- Managing benefits
- Career development and growth
- Achieving work/life balance

Employment-minded individuals or those with Career Certificates receive individual career assessments, job training and placement plus ongoing coaching and career development for both part-time and full-time competitive jobs.

Career skills building includes strategies for workplace success, career growth and advancement and achieving work/life balance.

Employee Best Practices Working with a Job Coach
Improving Your Value at Work Resolving Conflict
Job Growth & Skills Building
Advancing your Career

Choose a single
program or a combination.

Revisit coursework, learn new
skills or reinforce others at
any stage of adulthood.

Adult Life & Skills

- Life skills training and support
- Cognitive and social development
- Basic reading, writing and math
- Motor, sensory and spatial skills development
- Speech and language skills development
- Site-based classes and learning
- Community access and connections
- Support for civic engagement
- Health and fitness
- Self-expression through the arts
- Becoming a lifelong learner
- Recreation access and socialization
- Project-based learning activities



Services & Resources


The Arc
San Francisco
*For people with intellectual
and developmental disabilities*

Residential & Housing Services

Residential staff provide skills training and support enabling individuals with developmental disabilities to live as independently as possible in the community. Our housing advocacy team provides assistance in finding homes and developing new housing options.

Center for Health and Wellness

Health Advocates assist clients in accessing proper health care and following medical treatment plans, overcoming communication and cognitive barriers and achieving better health outcomes. Registered nurse on-site weekly.

Seniors Services

Seniors stay healthy and engaged in community life with a full program of social, recreational and educational activities for clients 45 years of age or older. A registered nurse is on-site twice a week.

Friends Like Me

Friends Like Me offers afterhours recreation and socialization three nights a week, plus weekend classes and excursions. Activities include game competitions, zumba and cooking classes plus movie nights and discussions.

