

# Sailing Into Adulthood Program- Individuals 18 and older

## Building Your Skills-Understanding Better How Communication Moves You Forward By United Through H.O.P.E.

**Who's Invited:** any individual 18yrs old or older. Must be high functioning. This is a "closed type program" meaning once the program ends enrollment no one can enroll after that point and all members start and stop together and attend sessions together. Enrollment ends on 1/19

***"SIA" schedule for the Winter 2020 session. It is 8 weeks in length and then has an additional "week" for a presentation. Transportation will be available for an additional cost from the UTH Frisco location. See enrollment forms for more details.***

- Saturday, February 1, 2020, 3-5pm, "Who Are YOU" & discuss project steps, UTH Denton site, 503 Bolivar, Denton, TX 76201
- Saturday, February 8, 2020, 3-5pm, Understanding Nonverbal Communication & discuss project steps, UTH Denton site, 503 Bolivar, Denton, TX 76201
- Saturday, February 16, 2020, 3-5pm, Understanding the Power of Combining Nonverbal & Verbal Communication & discuss project steps, UTH Denton site, 503 Bolivar, Denton, TX 76201
- Saturday, February 22, 2020, 3-5pm, Teamwork & discuss project steps, UTH Denton site, 503 Bolivar, Denton, TX 76201
- Saturday, February 29, 2020, 3-5pm, Active Listening & discuss project steps, UTH Denton site, 503 Bolivar, Denton, TX 76201
- Saturday, March 7, 2020, 3-5pm, Perspective Taking & discuss project steps, UTH Denton site, 503 Bolivar, Denton, TX 76201
- Saturday, March 21, 2020, 3-5pm, Time Management & discuss project steps, UTH Denton site, 503 Bolivar, Denton, TX 76201
- Saturday, March 28, 2020, 3-5pm, Presentation Skills & discuss final project parts, UTH Denton site, 503 Bolivar, Denton, TX 76201
- Sunday, April 5, 2020, 7-9pm, in person at UTH Denton site unless out of DFW area and then streamed in through Zoom to audience.

### **General Overview of the RS Program**

- ❖ Each meeting is on site where all members meet and discuss the prep work and their progress toward their mock community service project they are designing. Ample time for group discussions and face to face communication.
- ❖ Each week there is a prep lesson that targets aspects you need to be a successful adult and tasks to complete toward the final project presentation.
- ❖ The entire group will work each week on the parts to create a self-designed SMALL Scale community service project. They will work on all parts of it, but it will be a mock one that should be able to be done realistically if pursued further. The project is meant to give them task management, problem solving, conflict resolution, communication, resume, networking, and other job readiness transferable skills.

- ❖ The presentation is on week “9” (see above) and all are expected to be present for it. The presentation is in front of an audience (be aware of the day and time).

**Cost for normal session:**

- **Program Total Cost is \$220 due by first day of group**
- No pro-rated costs if you miss an event once you start because you are out of town or sick.
- As noted above, the location is in Denton, and transportation is available from the Frisco UTH location for an additional cost.
- Availability to add in additional private sessions for further assistance.

**All members receive after enrollment:** The pictures of all members and an email before each meeting with details about what to expect and prep for.

**For more information and/or to obtain the enrollment forms needed to be completed for this program, contact:** United Through H.O.P.E., Inc, at 1-866-857-7751 or send an email to [info@unitedthroughhope.org](mailto:info@unitedthroughhope.org)