NextED

Hands-On Skill Building for Young Adults

NextED is a program for young adults, ages 18-30, who are ready to take the next step toward living independently. During the 10-week research-based program, individuals build and practice skills through a combination of in-person and virtual sessions.

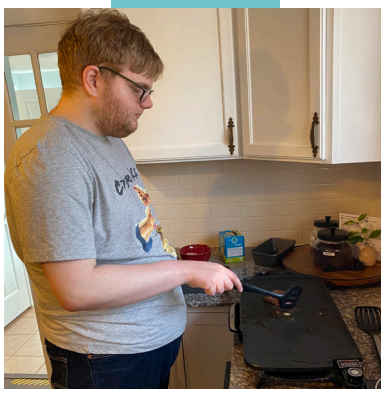
Learning Skills for Real Life

Utilizing a local Airbnb, participants are able to develop skills through hands-on learning, video modeling, and virtual reality. Classroom-based learning allows participants to learn and discuss independent living concepts including money management, personal safety, and communication.

Young adults will explore how to best use the relationships, connections, and resources in their lives to be successful in a more independent setting.

NextED Sessions

NextED offers sessions throughout the year. Each session focuses on different independent living concepts.



Topics include:

- Self-determination
- Routines
- Personal Safety
- Community Resources
- Cooking and Nutrition
- Leisure and Wellness
- Living Spaces
- Money Management
- Communication

Scan the QR Code to complete an eligibility inquiry. For questions or to learn more about upcoming NextED sessions, email next@slarc.org or call St. Louis Arc at 314- 569-2211.

St. Louis Arc

www.slarc.org