

THE HELP GROUP'S

# Advance LA

Preparing teens and young adults with unique challenges for a successful future



[www.advancela.org](http://www.advancela.org)

**Advance LA** provides a comprehensive range of services and training to teens and young adults with a wide range of needs, including learning differences, autism spectrum disorder, executive functioning difficulties, ADHD, and other social or emotional challenges.

At Advance LA, we offer the answer to one of the most frequently asked questions by parents of these teens and young adults: "What happens next?" Our personalized program provides clients with the experiences and opportunities they need to lead a fulfilling adult life.

We offer the support needed to facilitate a greater level of independence for each client based on his or her individual needs in several key areas:

#### **LIFE SKILLS**

Motivation, money management, self-advocacy, cooking, physical safety, public transportation, personal hygiene, accountability

#### **EXECUTIVE FUNCTIONING**

Organization strategies, time management, self-monitoring, and problem solving

#### **SOCIAL CONNECTIONS**

Social skills, development of healthy and meaningful relationships

#### **ACADEMIC SUPPORTS**

Coursework support, college selection and application process, accessing campus resources

#### **HEALTH AND WELLNESS**

Healthy eating and exercise habits, stress management, coping strategies

#### **INTERNSHIPS & CAREERS**

Internship placement, vocational or career exploration, job application process, interview techniques

# OUR SERVICES

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## ONE-ON-ONE LIFE SKILLS COACHING

Life skills coaches provide young adults with hands on support and guidance at home and in the community with a focus on clearly defined and realistic goals to ensure success.

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## SOCIAL CLUB FOR YOUNG ADULTS

**club** l.a. facilitates activities designed to enhance social skills, meet people with similar interests, and develop long-lasting friendships.

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## PARENT-TO-PARENT SUPPORT GROUPS

Free monthly support group for parents of teens and young adults that provides a safe space to connect with others and share the struggles and celebrate the successes of their children.

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## PARENT & FAMILY COACHING

Advance LA coaches help parents and families develop various tools and strategies that allow them to support their young adult toward a greater level of independence.

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## CONFERENCES & WORKSHOPS FOR TEENS & YOUNG ADULTS

Advance LA offers fun interactive courses and an annual conference that provide young adults with the opportunity to connect with peers while learning transition skills, sparking passions, and cultivating new relationships.

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## CONFERENCES & WORKSHOPS FOR PARENTS & PROFESSIONALS

Advance LA offers workshops and an annual conference for parents and professionals on a variety of topics focused on supporting teens and young adults during their transition to independence.



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Through our work, we hope to inspire personal growth and development, offer a sense of mastery and accomplishment, and allow each client to “advance” to greater levels of independence.



For more information or to schedule an initial phone consultation, contact:  
**818-779-5198** or [advancela@thehelpgroup.org](mailto:advancela@thehelpgroup.org)

**ADVANCE LA ADMINISTRATION**

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Founded in 1975, The Help Group is the largest, most innovative and comprehensive nonprofit of its kind in the United States serving children, adolescents and young adults with special needs related to autism spectrum disorders, learning differences, ADHD, developmental delays, abuse and emotional challenges.

At the heart of its efforts is the commitment to helping young people fulfill their potential to lead positive, productive and rewarding lives.