Summer Explorations Program

Locations: Newton and Lexington
Participants: Teens aged 14-19 yrs
Dates: 7/5-8/11

Explorations is a weekday summer program where teens, aged 14-19 yrs, participate in supported recreational and social activities while learning a variety of practical life skills out in the community. Teens are placed into small groups of 5-6 participants, with opportunities to engage with the larger group. Below is an example of our weekly schedule (subject to change).

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<th>Monday</th>
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<td>Cooking</td>
<td>Trip Planning</td>
<td>Community Outing</td>
<td>Climbing Activity</td>
<td>Community Outing</td>
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<td>Boating and Hiking</td>
<td>Goal Setting</td>
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<td>Money Management</td>
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<td>Connections</td>
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Major Weekly Activities

**Cooking**
The group decides on a meal, researches a recipe, creates a shopping list (within their budget), goes to the grocery store, cooks the meal from scratch and sits down to eat together.

**Boating and Hiking**
Teens spend time exploring in nature, going on nature walks, hikes, or working together to navigate the Charles River in canoes.

**Climbing Activity**
The groups work together to overcome progressively challenging climbing activities, applying stress-management skills that they have learned in the program.

**Community Outing**
Groups plan their own community outings in the Boston area twice weekly; examples from previous summers include bowling, the movies, Harvard Square, the Aquarium, the Museum of Science and Quincy Market.

Other Activities

**Electives**
Teens have time to enjoy their favorite activities together and meet folks from other groups; activities in the past have included art club, film club, and gaming.

**Connections**
Teens select topics from the social world and staff lead discussions and activities that focus on those topics.

**Mind Body**
Participants learn about the science of stress and techniques that can help to manage it; ample time is left for practice and discussion.

**Trip Planning**
Each week, the group plans their weekly community outings, working to stay within their budget; teens must determine travel time, where they’ll eat lunch, and how they will use their budget for the summer.

**Goal Setting**
Throughout the summer, teens reflect on areas in which they want to grow, identify ways to do so, and set personal goals related to these challenges.

**Adulting**
Groups discuss day-to-day life as an adult and work together to develop practical life skills. Past topics include getting a driver’s license and building IKEA furniture.

**Money Management**
Each week, groups track their budgets and discuss how much money they will need to save for the end of the summer.
Summer 2022 Transitions Program

**Location:** The Lurie Center in Lexington and Volunteer Work Sites  
**Participants:** Young adults aged 16-22 yrs  
**Dates:** 7/5-8/11

Transitions is a weekday summer program where young adults, aged 16-22 yrs, participate in group activities and practice skills that help with the transition to work and college environments. Participants are placed at a volunteer work site two days per week where they receive job coaching and career skill training. Participants are placed at the volunteer work sites in groups of three participants with one Aspire transition specialist on site. On other days of the week, the participants engage in college exploration, recreational activities, and team-building activities with a larger group of peers. Below is an example of our weekly schedule (subject to change).

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<tr>
<td>Boating and Hiking</td>
<td>Volunteer Work Site</td>
<td>College Visit or Workplace visit</td>
<td>Volunteer Work Site</td>
<td>Community Outing</td>
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<td>Job Preparedness</td>
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**Major Weekly Activities**

**Volunteer Work Site**  
Participants work at a volunteer work site two days per week and receive variable levels of support from Aspire transition specialists to help execute job responsibilities, develop job readiness skills, improve social competence and stress management skills, and increase self-awareness. Aspire transition specialists remain on-site with participants throughout the day.  
Examples sites include Drumlin Farm and Newton Wellesley Hospital.

**Boating and Hiking**  
Participants spend time exploring in nature, going on nature walks, hikes, or working together to navigate the Charles River in canoes.

**College Visit**  
Participants go on a tour of a local college and get a chance to explore college life.

**Workplace Visit**  
Participants visit the workplace of one of our Internship Partners, getting a glimpse of a professional setting outside of their volunteer work site.

**Community Outing**  
Participants spend time together on a recreational community outing in the Greater Boston area.

**Other Activities**

**Electives**  
Participants have time to enjoy their favorite activities together and meet peers from other groups; activities may included pride, art club, film club and gaming.

**Job Preparedness**  
Participants engage in activities and receive instruction aimed to support them in adjusting to the demands of work; improve capacities to observe the social aspects of their work environments; and practice interview skills and resume writing.

**Mind Body**  
Participants learn about the science of stress and techniques to help them manage it; ample time is left for practice and discussion.

**Connections**  
Participants select topics from the social world and participate in discussions and activities that focus on those topics.