

Club Members: Club Triumph is a specialized summer day program for young men and women ages 18-29. While our club members are very diverse, some of them have diagnoses such as Asperger's Syndrome, High Functioning Autistic Spectrum Disorders, Non-Verbal Learning Disabilities, pragmatic language deficits and other disorders of social development. Club Triumph aims



to support IEP's with regard to transition plans into young adulthood. Club Triumph is open to individuals regardless of sex, race, religion, ethnic background or

disabilities.

Social Skills: Club Triumph provides opportunities for group discussions and team building activities to promote social skills development. Young adult club members may benefit in the following ways:

- Learn appropriate assertiveness/self advocacy
- Enhance social problem solving skills
- Recognize, label and verbalize feelings
- Improve social thinking
- Develop conflict management skills
- Explore meaningful relationships and dating

Independent Living Skills: Through discussions and planned activities, club members will explore independent living skills in the following areas:

- Use of public transportation
- Cooking
- Safety awareness
- Money management

Community Service & Activities: Club Triumph will expose members to different ways of serving the community. Community activities will help members in the following ways:

- Benefits of volunteering and helping others
- Mentoring activities
- Community awareness

Health and Wellness: Club Triumph will promote awareness of the importance of health and wellness in adult life. Club members will gain experiences in the areas of physical health and emotional wellness involving:

- Nutrition and exercise
- Medical and mental health care
- Self-regulation (e.g., controlling electronic interests, social media)
- Strategies to cope with stress/anxiety
- Hobbies and leisure activities
- Hygiene/Self Care

Post-high school learning: Club members will gain awareness regarding career opportunities and post-secondary education. Possible experiences include:

- Group discussions regarding future planning
- Time management skills
- Field trips (e.g., technical and other schools)
- Resume writing and job applications
- Awareness of transition skills needed for post-high school learning

Club Triumph

2013 Application

Due by 5/1/13

Name of Member: _____

Age: _____ DOB: _____ Grade Completed: _____

Address: _____

_____ Zip: _____

Parent(s) or Guardian(s): _____

Address (if different from above): _____

_____ Zip: _____

Father _____ H# _____

C# _____ W# _____

Email address: _____

Mother: _____ H# _____

C# _____ W# _____

Email address: _____

Enrollment Period:

July 15, 2013 - July 26, 2013 (two weeks)

Monday - Thursday: 9:00 am - 2:00 pm

Friday: 9:00 am - 12:00

Tuition: \$1480.00

Application Procedure:

New club members send in a completed application and a non refundable \$95.00 check (interview fee) payable to: Triumph Center, no later than May 1, 2013 in order to setup an interview. The purpose of the interview is to ascertain individual needs and assist in determining the most appropriate group placement. All new applicants must be interviewed prior to acceptance to the program.

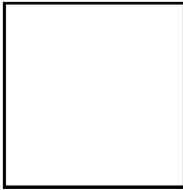
If an applicant has attended a Triumph Center program in the last 2 years, an interview is not necessary.

Payment:

Total balance due must be paid in full by June 1, 2013. If payment cannot be authorized to be paid by the due date, the member will be placed on a waiting list and may not begin club.



With over twenty years of experience at The Triumph Center, our mission is to work with families to help children, adolescents, and young adults lead healthier and more successful lives. We understand that every individual has unique gifts and challenges, so we work closely with our clients to identify and build on strengths, while offering strategies to overcome life's obstacles.



Club Triumph

Summer 2013



Reading, MA

Club Triumph is a therapeutic day program for young men and women ages 18 to 29. The program helps young adults navigate the challenges of transition planning in the areas of social skills, independent living, health and wellness, community activities, and post high school learning.

TRIUMPH CENTER

36 Woburn Street, Reading, MA 01867
PH: 781-942-9277
Fax: 781-944-6535
www.triumphcenter.net

The Triumph Center is a child, adolescent and young adult counseling program, specializing in developing social skills through activity based groups and therapeutic summer programs, including our newest program, Club Triumph. For over twenty years, we have also provided traditional counseling services, as well as special education consultation to schools in the Greater Boston and North Shore areas.



Club Triumph Philosophy: Club Triumph is committed to helping young adults build the skills needed to transition successfully into adulthood. It was founded on the principle that individuals grow and thrive with the opportunity to interact with one another in structured and cooperative activities. We believe the individual's experience is enhanced through relationships with professionally trained counselors who are knowledgeable in coaching the skills necessary for successful transition planning.



Staff:

Club Triumph is directed by Dr. Rob Smith, Clinical Director of the Triumph Center. Staff members include professionals and graduate students with training in clinical and counseling psychology, school psychology, social work, and regular/special education.

