



**Connections targets the following skill areas by providing individual advocacy and small group seminars:**

**Vocational:**

- Applications, Resumes, Interviews
- Accommodation Support
- Interacting with Supervisor/Coworkers
- Soft Skills

**Academic:**

- Study/Homework Skills
- Academic Accommodations
- Instructional assistant in LCC academic skill building courses
- Staying on task/focused

**Independent Living:**

- Adulting
- Money Management
- Healthy Lifestyle
- Cooking

**Recreational:**

- Time Management
- Community Safety
- Utilizing Eugene Parks and Rec.
- Trying New Activities Outside of Comfort Zone.

Many young people successfully transition from adolescence to adulthood with the support of their families, friends, adults, communities and schools. But for some youth, including those with disabilities, this time can be challenging. Connections Transition Program provides the additional assistance that can be helpful in finding the path to success and independence. Please contact us or your transition specialist at your high school with any questions!



Connections supports students who's goals are financial and functional independence.

# Connections Transition Program



**A 4J TRANSITION PROGRAM**



Committed to helping support young adults in moving towards achieving their transition goals in employment, education, independent living, recreation and accessing community supports.

**Website:**

<http://blogs.4j.lane.edu/connections/>

**Contact the Teachers:**

Jasmin Quitta  
(541) 954 - 7133  
quitta@4j.lane.edu

Anders Petterson  
(541) 912 - 3618  
pettersson\_a@4j.lane.edu

# Who is Eligible? How do I Enroll?



1. Must have **graduated high school** on a **modified or extended diploma, GED**, or are **planning to complete** GED/high school.
2. Must be **eligible for an IEP**.
3. Must be between **18 and 21 years old**.
4. Eligible students will be mailed an informational letter at the beginning of the school year or contact your high school transition specialist.
5. Students can enter at **any time** during the school year.



## How Much Does it Cost?

Because we are a 4J regional program, Connections is **free** to all eligible students!



# Connecting People With the Community

Connections supports individuals with disabilities in the process of identifying and applying for various community services that they may be eligible for:

- **Vocational:** Youth Transition Program, Office of Vocational Rehabilitation, Community volunteering activities to practice workplace skills.
- **Academic:** Supports further education through trade, Adult Basic Secondary and LCC credit courses, Accessing services at LCC, Navigating the community college system.
- **Daily Living:** Determining possible eligibility for Social Security Disability, Lane County Developmental Disability Services, Food stamps, Low Income Housing, Health Insurance.

