

CSS ACADEMY PROGRAMS

Course Catalog—Winter and Spring 2018



New classes start January 13th. Register today

in person or online at <https://CSSservices.gosignmeup.com>



Cover artwork was created by an artist in CSS' Art360 class, an innovative collaboration between CSS and the Chicago Zoological Society's Brookfield Zoo.

CSS ACADEMY PROGRAMS

CSS Academy Programs are taught to build community through social and educational opportunities for people with and without disabilities. Classes, workshops, and special field trips are offered for people with Intellectual/Developmental Disabilities (I/DD), their families, caregivers, and other community members who just want to learn something new. Classes are offered in the areas of life skills, the arts, and health & wellness.

CSS LOCATIONS

CSS Academy

3732 Grand Boulevard
Brookfield, IL 60513
708.354.4547 ext. 268

CSS Family Support Center

5416 W. 25th Street
Cicero, IL 60804
708.354.4547 ext. 109

CSS Administrative Office

9021 Ogden Avenue
Brookfield, IL 60513
708.354.4547 ext. 110

CSS Academy Programs are offered by Community Support Services (CSS), which is a non-profit organization dedicated to improving the lives of children and adults with intellectual/developmental disabilities and their families. CSS fosters independence by helping those we serve recognize their own abilities and envision a brighter future. Then, we help them achieve it. Whether we're providing in-home assistance to families in need or helping young adults find and transition into jobs, our services help keep our communities strong and our families empowered.

Some classes are appropriate for people of all abilities and provide a fun and progressive community learning environment. Courses are offered at CSS Academy in Brookfield and a variety of other community locations.

Trained CSS staff provides people with I/DD the right support to be successful. Programming is available with daytime, evening, and weekend classes.

To sign up for classes, use the form inside this booklet, and return it to CSS Academy. You may also register online at <https://CSSservices.gosignmeup.com>. All classes are on a first come first served basis.

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Visit us online www.CSSservices.org to learn more about our programs.



SAVE THE DATE FOR

Beat the Odds

Join us for an Evening to Benefit Community Support Services!

FRIDAY, APRIL 20, 2018

HYATT LODGE AT MCDONALD'S CAMPUS—OAK BROOK, IL

Learn more about this event or sponsorship opportunities!

Contact Michelle Jimenez at 708.354.4547x115 or mjimenez@CSSservices.org.

REGISTRATION

All paper registration forms must be submitted to Community Support Services, Inc., 9021 Ogden Ave, Brookfield IL, 60513 one (1) week prior to the session start date. Please make certain that your selected class location is legible when returning the form. When registering for classes with age restrictions, the registrant must be the required age when class begins. There will be a \$30 fee for each returned check. Online registration is available 24 hours a day, seven days a week for all CSS Academy Programs. To register online, you must establish a user name and password. You must have the latest version of your web browser in order to use the online registration tool. Please note, should you use a credit card as a form of payment, it will be charged immediately during check out. If your class is cancelled due to low enrollment or weather, a full refund will be issued back to the credit card used during the transaction. Lastly, when registering for any Health and Wellness classes at CSS Academy, no two registrants are allowed to use the same punch card for any class. Each registrant is required to purchase a punch card.

REFUNDS

Refunds will be reviewed and awarded on a case by case basis. Refunds will be given in the event of a prolonged illness (physician statement required) or death in the family, unavoidable circumstances such as moving, etc. (Proof may be required in writing). Refunds may be requested no later than 48 hours before the first class meeting. No refunds will be given if requested less than 48 hours before the first class meeting. No refunds will be given once the class has started. A \$5.00 processing fee will be deducted from any refund. Refunds will be given in the form of a check and will be issued approximately twenty (20) days from date of remittance.

ABSENCES/CANCELLATIONS

CSS reserves the right to cancel any program based on weather conditions or where enrollment is insufficient. CSS reserves the right to cancel, postpone, combine classes, change rooms, or change instructors as needed. Early registration is encouraged to help prevent course cancellation. If a class or program is cancelled, you will be notified and offered an alternative choice, if available. If no alternative is available, a full refund will be issued. Severe weather may prevent classes from occurring, which includes, but is not limited to a heat index of 100 degrees or higher, a tornado watch, and a severe thunderstorm warning. CSS will make every effort to give adequate notice of class cancellations. CSS staff will contact registrants within 24 hours prior to a class' scheduled start date. If a class is cancelled due to weather conditions, classes are made up the week following the end of the class session. If this is not possible, a credit will be issued for the cancellation.

MEDICATION DISPENSATION

CSS will not dispense any medications to registrants in any CSS class.

PICK UP/DROP OFF

We ask that registrants arrive for class no earlier than 10 minutes prior to class start time and leave the building promptly at the end of class. Prior to the start of the class, parents must identify persons authorized to pick up youth registrants. Unidentified persons will not be allowed to pick up the youth registrant. Parents are required to notify CSS if a person is not authorized to pick up their child(ren).

SERVICE ANIMALS

Service animals are permitted except when its presence constitutes a fundamental hindrance to services and safety of CSS staff and participants. If the service animal has to be removed the participant is still welcome.

CODE OF CONDUCT

CSS requires that all registrants are familiar with and observe the following code of conduct:

- Respect all registrants, staff, and general public
- Listen to staff and comply with program rules
- Allow others in the program and the facility to enjoy activity without disruption
- No foul language, sexually explicit language, inappropriate touching, rude gestures, or any other sort of offensive behavior
- Do not cause other individuals any bodily harm or exhibit aggressive physical behavior
- Show respect for equipment, supplies and facilities. We reserve the right to dismiss a registrant who cannot follow these guidelines.

Should you have questions or concerns about these requirements, please call (708) 354-4547 ext. 268.

SPECIAL UPCOMING EVENTS:

To view all upcoming CSS activities, view the calendar at www.CSSservices.org.



ART360: ART AND SOCIAL INCLUSION GROUP AT THE BROOKFIELD ZOO

Community Support Services, Inc., Art360 brings art, learning, creativity and social inclusion full circle. This innovative new program will engage young adults in hands on, therapeutic, and social activities through the creative arts and the social atmosphere of the Chicago Zoological Society's Brookfield Zoo. During this 10 week community based art program, individuals will be able to observe various animals in their habitats, while enhancing social skills and discovering new forms of self-expression through art techniques. The program will culminate with individuals showcasing their works of art in a final exhibition. Art360 is geared toward teens and young adults between the ages of 15 - 25 with intellectual/developmental disabilities (I/DD). An activity fee of \$25 per week applies. Grant funds may be available. For more information call (708) 354-4547 ext. 191 or email ccolucy@CSSservices.org.

Who: Ages 15-25, intellectual/developmental disability, Must be living at home with parents & not receiving Medicaid waiver services (Developmental Training, Day Program, CILA or Home Base Services)

Session I: Thursdays: January 18, 2018 – March 29, 2017 (no class 2/8)

Artist Exhibition Date: April 5, 2018

Time: 4:00 p.m. – 5:30 p.m.

Locations: Chicago Zoological Society: 3300 Golf Rd., Brookfield IL 60513

CSS Academy: 3732 Grand Blvd., Brookfield, IL 60513

BRIDGES ON THE JOB TRAINING EXPERIENCE

The Bridges Volunteer Program is a partnership between the Chicago Zoological Society and CSS designed to help adults with intellectual/developmental disabilities (I/DD) to develop employment skills through volunteering. This 10-week program is held onsite at the Brookfield Zoo's Hamill Family Play Zoo. Participants will develop customer service skills and work with children. Each participant is supported by a CSS Job Coach to ensure their success.

Contact: supportedemployment@CSSservices.org or (708) 354-4547 ext. 267

Location: Hamill Family Play Zoo at Brookfield Zoo, 3300 Golf Rd., Brookfield, IL 60513

Fee: \$450 (payment plans are available)

COMMUNITY360 DAY PROGRAM

Community Support Services' new day program—Community360—offers adults with I/DD both center- and community-based activities where individuals can choose meaningful ways to spend their day. Some of these activities include: structured volunteer work; creative classes in art, music and dance; activities of daily living; health and wellness classes; group exercise; classes structured around developing job skills and job searching; etc. The site in Cicero that we have chosen for our day program is smaller than other more traditional large day programs in the area. This gives us the ability to be more specialized and able to better support people who will benefit from smaller groups, including those who benefit from more individualized attention because of their diagnoses and/or behavioral needs. Additionally, this location has a number of bilingual English/Spanish speaking staff, so we are able to communicate with parents/guardians whose first language is Spanish. Interested individuals can complete an intake application at: <http://cssservices.org/intake> or call (708) 354-4547 ext. 142.

Who: Adults diagnosed with intellectual/developmental disability & approved for "developmental training" funding through DHS/DDD

Days: Monday – Friday

Time: 9:00 a.m. – 3:00 p.m.

Please call for availability

Location: CSS Family Support Center, 5416 W. 25th St., Cicero, IL 60804 (and various community locations)



Follow CSS on Facebook and Twitter to stay up on fun and informative activities.

FOR ADULTS

TEAM UP

Team Up offers art and fitness activities for young adults with I/DD Ages 22+ (or younger if out of high school.) It provides a great opportunity for socialization while teaching the importance of health, fitness, art, and staying active in the community. Attend one or both days. Art class occurs on Wednesdays: participants are transported from Oak Park for classes at Scamp Studios in River Grove, IL. Health & Wellness class occurs on Thursdays: participants are transported from Oak Park to Franklin Park Community Center to work with a certified fitness instructor from West Suburban Special Recreation Association (WSSRA) on the treadmill, step machine, basketball, and walking. Additional curriculum includes lunch preparation, using iPads, basic money management, dance, and yoga classes. Field trips are taken to enhance learning. Lunch is provided. An activity fee of \$20 per day applies. Call (708) 354-4547 ext.138 or email respite@CSSservices.org for more information or to see if your child qualifies for this program. Team Up is a program made possible through the Community Mental Health Board of Oak Park Township.

Who: Individuals with I/DD (Ages 22 & older)
Days: Ongoing, Wednesdays and Thursdays
Time: 8:30 a.m. – 1:30 p.m.
Activity Fee: \$20 per session
Locations: Oak Park & other locations, see above

SOCIAL CLUB: (TUESDAY & WEDNESDAY NIGHT GROUPS)

Tuesday & Wednesday Night Social Club is a designed for individuals with I/DD to participate in community-based fun outings for adults ages 18+. The group meets the first four (4) Tuesdays and first four (4) Wednesdays of the month. Every week, the group goes to a different location with CSS trained staff to dine and have fun. Examples of outings include Dave & Buster's, Haunted Trails, the La Grange Park Summer Concert Series, etc. The schedule is created a month in advance with client input. Registration is required weekly. To register contact your CSS Coordinator or call (708) 354-4547 ext.132 or email respite@CSSservices.org.

Note: Limited to 15 people per outing. Individuals should be able to handle basic cutlery usage.

Who: Individuals with I/DD (Ages 18 and older)
Day: First four (4) Tuesdays & Wednesdays of each month
Time: 5:30 p.m. – 9:30 p.m.
Fee: Clients bring \$20-\$25 to cover the cost of their meal/games
Location: Various locations. Registration is required.

FANTASTIC FRIDAYS: (FORMERLY, PARENTS NIGHT OUT FOR ADULTS)

This offers center- or community-based activities for adults.

Who: Individuals with I/DD (Ages 19 and older, no siblings)
Days: 1st Friday of each month
Time: 5:00 p.m. – 9:00 p.m.
Fee: \$10 per person activity fee per session.
Location: Bedford Park. Registration is required.

FOR CHILDREN AGES 5-13

MONDAY FUNDAY **NEW!**

Site-based recreational, social, art and learning activities for children.

Who: Individuals with I/DD ages 5-13 years (no siblings)
Days: Mondays
Time: 6:00 – 8:00 p.m. (school year hours)
Fee: \$10 per person per session activity fee.
Location: La Grange. Registration is required.

PARENTS NIGHT OUT (PNO)

For parents with young children (ages 5-13), the Parents Night Out program is a great choice. This program takes place on Friday and Saturday evenings for three hours. CSS trained staff provide onsite activities at various community locations including Park Districts, churches and community centers throughout our service area. PNO is open to the child with the disability as well as his/her siblings. It is affordably priced.

Who: Individuals with I/DD (Ages 5-13 years and siblings)
Days: Friday and Saturday evenings
Location: Various locations. Registration is required.



CREATIVE ARTS

BEGINNING ART EXPLORATION FOR INDIVIDUALS WITH (I/DD)

This five-week class is geared toward teens and adults with I/DD. Come explore the variety of art materials in this introductory art making class. From the basics of drawing and painting to building sculptures and working with clay, this group is perfect for the individual who wants to sample the different materials and possibilities that the art world has to offer.

Note: Limited to 12 people per class. Individuals should also feel comfortable getting messy with clay, glue, paint, and other art materials, and handling basic cutting tools such as scissors.

Who: Teens & Adults (Ages 16 & older)

Days: Mondays

Time: 11:00 a.m. – 12:00 p.m.

Fee: \$50 per session

Location: CSS Academy, Brookfield

Session I: January 22 – February 26 (no class 2/19)

Session II: March 12 – April 9

Session III: April 23 – May 21

Session IV: June 4 – July 2

ART EXPLORATION FOR INDIVIDUALS WITH (I/DD)

This all abilities five-week exploratory art class is geared toward teens and adults with I/DD. If you are a budding artist and want to learn new methods of art making, this class is for you. Artists will work with a variety of traditional and nonconventional materials to grow in their artistry.

Note: Limited to 12 people per class. Individuals should also feel comfortable getting messy with clay, glue, paint, and other art materials, and handling basic cutting tools such as scissors.

Who: Teens & Adults (Ages 16 & older)

Days: Wednesdays

Time: 12:00 p.m. – 1:30 p.m.

Fee: \$75 per session

Location: CSS Academy, Brookfield

Session I: January 24 – February 21

Session II: March 7 – April 4

Session III: April 18 – May 16

Session IV: May 30 – June 27

ADVANCED ART FOR INDIVIDUALS WITH (I/DD)

This all abilities five-week advanced art class is geared toward teens and adults with I/DD. Artists interested in learning new methods of art making and enhancing their own artistic identities and talents would be a great fit for this class. Artists will expand their practice to create art items out of both traditional and non-conventional materials.

Note: Limited to 12 people per class. Individuals should feel comfortable getting their hands dirty with materials such as paint, glue, or clay. Participants should also be able to handle basic cutting tools such as scissors, needle and thread, x-acto knives, and other sharp objects.

Who: Adults (Ages 18 & older)

Days: Fridays

Time: 1:30 p.m. – 3:30 p.m.

Fee: \$100 per session

Location: CSS Academy, Brookfield

Session I: January 26 – March 2 (no class 2/9)

Session II: March 16 – April 13

Session III: April 27 – May 25

Session IV: June 8 – July 6

SCRAP IT! – SCRAPBOOK MAKING

Participants will learn techniques and importance of sharing your photo memories. This five-week class will start with the basics of photo organizing, choosing an album theme, page layout strategies and journaling techniques. Students are encouraged to bring about 20-30 photos. Class fee includes 12x12 scrapbooking paper to complete one 6 page album, tape runner, and use of tools during class session.

Note: Limited to 12 people per class. Individuals should be able to handle basic cutting tools such as scissors, wire cutters, and sharp objects.

Who: Teens & Adults (Ages 15 & older)

Days: Tuesdays

Time: 5:00 p.m. – 6:00 p.m.

Fee: \$50 per session

Location: CSS Academy, Brookfield

Session I: January 23 – February 20

Session II: March 13 – April 24 (no class 3/20, 4/17)

Session III: May 8 – June 19 (no class 5/22, 6/5)

SHINING STARS

Feel the joy of vocal expression, share creative interaction with others, and experience the excitement of performance in this acting class. In this five-week class, learn confidence through ad lib scenes and fun theater games. This class will cover both comedic and dramatic theatre. The final class will be an open performance of work developed together in front of friends and family.

Note: Limited to 12 people per class. Individuals should feel comfortable interacting in a group setting and be able to handle moderate to loud noise levels.

Who: Teens & Adults (Ages 15 & older)

Days: Thursdays

Time: 4:00 p.m. – 5:00 p.m.

Fee: \$50 per session

Location: CSS Academy, Brookfield

Session I: January 25 – February 22

Session II: March 15 – April 12

Session III: April 26 – May 24

SIT AND KNIT – CROCHET CLUB

Get hooked! In this five-week needlework class learn the basics of knitting and crocheting. This group is perfect for the individual who wants to sample the different materials and processes that the fiber world has to offer.

Note: Limited to 15 people per class. Individuals should also feel comfortable working and holding needles.

Who: Teens & Adults (Ages 16 & older)

Dates: Mondays

Time: 12:00 p.m. – 1:30 p.m.

Fee: \$75 per session

Location: CSS Academy, Brookfield

Session I: January 22 – February 26 (no class 2/19)

Session II: March 12 – April 9

Session III: April 23 – May 21

Session IV: June 4 – July 2

POLYMER JEWELRY MAKING

During this six-week class, design and create your very own clay beads! Jewelry makers will learn how to roll clay, create a design, and then string it all together to make a final product that looks store bought. Supplies included in the price.

Note: Limited to 12 people per class. Individuals should be able to handle basic cutting tools such as scissors, wire cutters, and sharp objects.

Who: Teens & Adults (Ages 13 & older)

Days: Saturdays

Time: 2:00 p.m. – 4:00 p.m.

Fee: \$120 per session

Location: CSS Academy, Brookfield

Session I: January 13 – February 17

Session II: March 3 – April 14 (no class 3/31)

Session III: April 28 – June 2

EXPLORING ART USING THE 5 SENSES

Create art in a new way and invigorate your senses! Art making can be a total body experience and this class will explore art making using the five senses. Through different directed activities, participants will learn new ways of creating art and exploring the sensory experience of art making. Art will be created and experienced in non-traditional ways using music, scented and tactile materials, and even taste. Most importantly, the participants will find new and fun ways to express themselves and learn how their senses influence their experiences of the world around them.

Note: Limited to 12 people per class. Please notify CSS Academy of any allergies and/or sensitivities to foods, smells, and other materials prior to the class.

Who: Adults (Ages 18 & older)

Days: Wednesdays

Time: 4:30 p.m. – 6:00 p.m.

Fee: \$75 per session

Location: CSS Academy, Brookfield

Session I: January 24 – February 21

Session II: March 14 – April 11

Session III: April 18 – May 16

Session IV: May 30 – June 27

HEALTH AND WELLNESS

AGELESS GRACE® TIMELESS FITNESS FOR THE BODY & BRAIN™

The Ageless Grace® Brain Health Program is based on consciously choosing to change the brain through physical movements. All 21 Simple Tools for Lifelong Comfort and Ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated, in order to stimulate the five primary functions of the brain. The movements are spontaneous and organic, with no need to learn any special choreography. Each of the brain-changing tools also focus on a primary physical skill necessary for lifelong optimal function (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the "Three R's" of Ageless Grace, the ability to respond, react and recover.

Note: Limited to 30 people per class. This class is geared toward anyone who wants to stay cognitively fit and vibrant through stimulation of neuroplasticity, health and fitness professionals desiring brain health skills on their resume,



special populations, including those with physical or mental limitations and caregivers working with special population. Individuals should be able to participate in physical activity without medical concerns (medically cleared to participate in light to moderate physical activity). Come dressed in comfortable exercise attire, including tennis shoes.

Who: Open to all ages

Days: Mondays

Time: 5:30 p.m. – 6:30 p.m.

Fee: \$7 walk-in rate; \$60 for a 10-class punch card

Location: CSS Academy, Brookfield

Classes Start: January 17, 2018 and are ongoing through catalog cycle (no class 1/15, 2/19, 5/14, 5/28)

EXERCISE CONNECTION – HEALTH & WELLNESS FOR INDIVIDUALS WITH I/DD

This five-week class is designed and geared for teens and adults with I/DD. It is designed to help participants create both a physically active lifestyle and healthy eating habits. The Exercise Connection founder, David Geslak, is recognized as the pioneer for using exercise to improve the lives of those with autism. Nine universities have adopted his program into their Adapted Physical Education and Special Education Programs and he has become known for dynamic presentations that he gives around the world. The 1st, 3rd, and 5th Thursdays of the session will be an hour of exercise followed by a healthy meal. The 2nd and 4th Thursdays of the session will be two hours of exercise. Exercise sessions focus on group activity, building social skills, and giving participants exercises they can do at home that focus on building their body image, posture, coordination, abdominal strength, muscular fitness, and cardiovascular fitness.

Note: Individuals should be able to participate in physical activity without medical concerns (medically cleared to participate in light physical activity). Be dressed in comfortable exercise attire and bring a water bottle. **If you have any food allergies (i.e. peanut, gluten, etc) please tell us.

Who: Teens & Adults (Ages 17 & older)

Days: Thursdays

Time: 5:30 p.m. – 7:30 p.m.

Fee: \$65

Location: CSS Academy, Brookfield

Session I: January 25 – February 22

Session II: March 8 – May 3 (no class 3/15, 3/29, 4/5, 4/19)

Session III: May 17 – June 21 (no class 6/7)

CSS ACADEMY CLASSES

YOGA NIGHTS

Yoga Nights will introduce the practice of yoga. Yoga means "union." When practicing yoga, students work to unify their hearts, minds, and bodies. It is believed and proven, that when these three parts are truly in sync, people feel their best. This class will introduce poses and movement in a safe and supportive environment.

Note: Limited to 8-12 people per class. Individuals should be able to participate in physical activity without medical concerns. Come dressed in comfortable exercise attire and bring a yoga mat, towel, and water bottle.

Who: Teens & Adults (Ages 15 & older)

Days: Tuesdays

Time: 7:30 p.m. – 8:30 p.m.

Fee: \$7 walk-in rate; \$60 for a 10-class punch card

Location: CSS Academy, Brookfield

Classes Start: January 16, 2018 and are ongoing through catalog cycle (no class 3/20, 5/22)

GENTLE YOGA

Stretch, strengthen and relax the body in this nurturing practice. This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. We may use props such as blocks and belts to support the postures, while gently stretching and strengthening the body. This class is appropriate for students of all levels.

Note: Limited to 20-25 people per class. Come dressed in comfortable exercise attire and bring a yoga mat, towel, and water bottle. If you have a yoga block and belt, please feel free to bring those items to class.

Who: Teens & Adults (Ages 16 & older)

Days: Saturdays

Time: 10:15 a.m. – 11:15 a.m.

Fee: \$7 walk-in rate; \$60 for a 10-class punch card

Location: CSS Academy, Brookfield

Classes Start: January 13, 2018 and are ongoing through catalog cycle

ZUMBA SATURDAYS®

Zumba features easy-to-follow Latin and international rhythms, that will get you moving and energized. It's a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Easy to do, effective and totally exhilarating! This class is appropriate for students of all levels. Each class incorporates a routine or two with light hand weights. You may bring your own 1-3 pound dumbbells.

Note: Limited to 30 people per class. Come dressed in comfortable exercise attire, including tennis shoes.

Who: Teens & Adults (Ages 16 & older)

Days: Saturdays

Time: 9:00 a.m. – 10:00 a.m.

Fee: \$7 walk-in rate; \$60 for a 10-class punch card

Location: CSS Academy, Brookfield

Classes Start: January 13, 2018 and are ongoing through catalog cycle

ZUMBA GOLD®

Zumba Gold® classes are an easy to follow program that lets you move to the beat at your own speed. It's an invigorating,

community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low impact moves for beginners, and active older adults. This unique Zumba® formula has longer warm up and cools down sessions and allows participants a chance to improve balance, flexibility and cardiovascular health.

Note: Limited to 30 people per class. Geared toward beginners, seniors or others needing modification in their exercise routine. Individuals should be able to participate in physical activity without medical concerns (medically cleared to participate in light to moderate physical activity). Come dressed in comfortable exercise attire, including tennis shoes.

Who: Adults (Ages 18 & older)

Days: Mondays & Wednesdays

Time: 6:45 p.m. – 7:45 p.m.

Fee: \$7 walk-in rate; \$60 for a 10-class punch card

Location: CSS Academy, Brookfield

Classes Start: January 17, 2018 and are ongoing through catalog cycle (no class 1/15, 2/19, 5/14, 5/28)

LIFE SKILLS

COOKING & KITCHEN BASICS

Learn how to become comfortable in the kitchen during this five-week class. Start with the basics like fire safety, operating the oven & stove, cutting safety, and end with the confidence to maneuver your way around food and the kitchen by yourself.

Note: Limited to 10 people per class. Individuals should be comfortable learning to operate basic kitchen supplies such as oven, stovetop, and cutting tools. Food cost included in price of class.

Who: Teens & Adults (Ages 16 & older)

Dates: Tuesdays

Time: 1:00 p.m. – 2:30 p.m.

Fee: \$90 per session

Location: CSS Academy, Brookfield

Session I: January 23 – February 20

Session II: March 6 – April 3

Session III: April 17 – May 15

Session IV: May 29 – June 26

COOKING EXPLORATION

Get creative with your cooking. You already know the basics; expand your current knowledge in this cooking exploration class. Learn a number of different cooking methods including baking, braising and sautéing. Over the course of this five-week class you will prepare meats and vegetables using these various cooking methods.

Note: Limited to 10 people per class. Individuals should be comfortable using basic kitchen items such as oven, stove top, and cutting tools and have general knowledge of cooking processes.

Who: Teens & Adults (Ages 16 & older)

Days: Wednesdays

Time: 1:30 p.m. – 3:00 p.m.

Fee: \$90 per session

Location: CSS Academy, Brookfield, IL

Session I: January 24 – February 21

Session II: March 7 – April 4

Session III: April 18 – May 16

Session IV: May 30 – June 27

BASIC MONEY CONCEPTS

By the end of this five-week course, participants will gain an increased understanding of monetary values, including the amounts of various bills and coins, how to count money, and making correct change. This class is aimed to focus on the very basics of having and spending money.

Note: Limited to 12 people per class. Individuals should have a basic understanding of math in order to participate fully in this class. (At least sixth grade level math skills are recommended for participation in this class.)

Who: Teens & Adults (Ages 16 & older)

Days: Wednesdays

Time: 3:30 p.m. – 4:45 p.m.

Fee: \$62.50 per session

Location: CSS Academy, Brookfield, IL 60513

Session I: January 24 – February 21

Session II: March 7 – April 4

Session III: April 18 – May 16

Session IV: May 30 – June 27

TECHNOLOGY

APPLE IPAD EXPLORATION

In this five-week class, participants will learn about the unique functions and features of the iPad. Additionally, participants will examine a variety of applications, learn how to download applications, and explore methods for using the iPad in their everyday lives.

Note: Limited to 12 people per class. Feel free to bring your own iPad. However, it is not necessary to own an iPad in order to take this class. iPads will be provided for classroom use only, but will not be allowed to be taken outside of the Academy.

Who: Teens & Adults (Ages 13 & older)

Days: Fridays

Time: 3:30 p.m. – 4:30 p.m.

Fee: \$50 per session

Location: CSS Academy, Brookfield

Session I: January 26 – March 2 (no class 2/9)

Session II: March 16 – April 13

Session III: April 27 – May 25

Session IV: June 8 – July 6

COMPUTER BASICS

The Computer Basics course offers the beginner an opportunity to explore the use of the computer as you learn about the parts of the computer, the difference between hardware and software, what an operating system is and how to store files. In this five-week class, get practice using the keyboard, the mouse, and accessing computer software programs.

Note: Limited to 12 people per class. Laptops will be provided for all participants. The laptops utilize Windows 8 programming and will be available for classroom use only.

Who: Teens & Adults (Ages 16 & older)

Days: Tuesdays

Time: 3:00 p.m. – 4:15 p.m.

Fee: \$75 per session

Location: CSS Academy, Brookfield

Session I: January 23 – February 20

Session II: March 6 – April 10 (no class 3/20)

Session III: April 24 – May 29 (no class 5/22)

ONE STOP WORKSHOPS

FLORAL ARRANGING

Learn how to make your floral arrangements look beautiful and professional in our once a month Floral Arrangement Workshop. You will learn floral basics, tips on floral pairing, and innovative ways to arrange flowers. Join our expert florist as he guides you through and gives you a great foundation for making a wonderful centerpiece to take home by the end of class!

Note: Supply cost is included in price. Seating is limited to 15 per workshop with a minimum enrollment of at least 6 registrants per workshop to move forward. Registrants should be able to handle basic cutting tools such as scissors, wire cutters, and sharp objects.

Who: Teens & Adults (Ages 16 & older)

Days: Mondays

Time: 2:00 p.m. – 3:30 p.m.

Fee: \$24 per workshop

Location: CSS Academy, Brookfield

Workshop I: January 22

Workshop II: February 26

Workshop III: March 19

Workshop IV: April 23

Workshop V: May 14

Workshop VI: June 18

If interested in attending a weekend floral arrangement class, email nmills@cssservices.org for more details.

DO-IT-YOURSELF FLORAL WEDDING SERIES

Are you planning a wedding? Do you want to save money and design your own flowers for the special occasion? Come and join us for our Floral Wedding Series and learn different techniques for wedding flowers, floral pairing, tips that expert floral designers depend on and how to keep the flowers looking fresh. You will leave with a beautiful and stunning arrangement and all the knowledge you need to go and design flowers for the joyous occasion!

Note: Supply cost is included in price. Seating is limited to 15 per workshop with a minimum enrollment of at least 6 registrants per workshop to move forward. Registrants should be able to handle basic cutting tools such as scissors, wire cutters, and sharp objects.

Who: Adults (Ages 18 & older)

Days: Sundays

Time: 1:00 p.m. – 3:00 p.m.

Fee: \$50 per workshop

Location: CSS Academy, Brookfield

Workshop I: January 28

Workshop II: February 25

Workshop III: March 25

Workshop IV: April 22

Workshop V: May 27

Workshop VI: June 24

FINE ARTS WITH FRIENDS

Art Making for All! Channel your inner artist and let your creative spirit fly in this fun-loving environment. You will have the option to follow along as our artist-instructor guides you

CSS ACADEMY CLASSES

through a specific artwork, or create to the beat of your own drum. Either way you will take home a masterpiece. Bring a friend and we will provide the rest. This is a BYOB (bring your own beverage) event. Now, let's get creative!

Note: Art materials are included in price of the workshop. Seating is limited to 20 per workshop with a minimum enrollment of at least 8 registrants per workshop to move forward.

Who: Adults (Ages 18 & older)

Days: Fridays & Saturdays

Time: 6:00 p.m. – 8:30 p.m.

Fee: \$30 per workshop

Location: CSS Academy, Brookfield

Workshop I: Saturday, January 20

Workshop II: Saturday, February 10

Workshop III: Friday, March 30

Workshop IV: Saturday, April 21

Workshop V: Saturday, May 19

Workshop VI: Friday, June 29

EVENING DELIGHT

Explore the art of cooking with non-conventional foods! This class will focus on pairing unexpected aphrodisiacs to create a totally new culinary experience. Our wonderful chef will show you how to prepare a meal focused around aphrodisiac and sensual foods. The first workshop highlights the following ingredients: steamed artichoke, lemon pepper butter and chocolate truffles.

Note: Feel free to bring your favorite beverage. Supply cost is included in price. Seating is limited to 10 per workshop with a minimum enrollment of 6 participants per workshop to move forward. Bring containers to take leftovers home.

Who: Adults (Ages 18 & older)

Days: Saturdays

Time: 6:00 p.m. – 8:30 p.m.

Fee: \$40 per workshop

Location: CSS Academy, Brookfield

Workshop I: January 20

Workshop II: February 17

Workshop III: March 17

Workshop IV: April 21

Workshop V: June 16

SATURDAY SWEET TREATS

For those of you with a sweet tooth, or those looking to wow some guests at your next party...come enjoy CSS's Saturday Sweet Treats class! You will learn how to make a seasonal dessert with the finest, freshest ingredients. Each workshop will explore a new recipe and focus on not only a delicious tasting dessert, but also the presentation that goes along with displaying your sweet treat.

Note: Seating is limited to 8 per workshop with a minimum enrollment of at least 5 participants per workshop to move forward. A general knowledge of the baking process and comfort using basic kitchen supplies such as oven, stove top, and cutting tools is suggested. Cost of supplies and ingredients is included in the workshop fee.

Who: Adults (Ages 18 & older)

Days: Saturdays

Time: 4:30 p.m. – 6:15 p.m.

Fee: \$40 per workshop

Location: CSS Academy, Brookfield

Workshop I: January 13

Workshop II: February 10

Workshop III: March 10

Workshop IV: April 14

Workshop V: May 12

Workshop VI: June 9

SMART PHONE PHOTOGRAPHY

Most of us now capture images using our cellphones. Cellphone technology has reached a point where the creativity has been put back in the hands of the photographer and is no longer a simple point-and-shoot process. In this class students will learn the fundamentals of composition, lighting, and master photo apps like Snapseed. We'll look at the camera phone as a photographic tool and you'll create an album full of photos that are sure to amaze!

Note: Students are expected to find and operate the camera on their own phones and download apps. Class is limited to 15 per workshop with a minimum enrollment of 6 participants per workshop to move forward. Individuals are responsible for their own transportation to and from all designated locations.

Who: Teens & Adults (Ages 14 & older)

Days: Sundays

Time: 10:00 a.m. – 12:30 p.m.

Fee: \$30 per workshop

Location: CSS Academy, Brookfield

Workshop I: January 21

Workshop II: February 18

Workshop III: March 18

Workshop IV: April 15

Workshop V: May 20

Workshop VI: June 17

CREATIVE CRAFT CORNER

Veronica Young, of Ronnie's Elegant Touch will teach you how to make your own keepsake item. Through hands on learning from our professional instructor, this advanced workshop will enhance your craft skills to create your own home-made treasures. This affordable workshop provides a lifetime of rewarding crafts. Centerpieces, designer wreaths, greeting cards and balloon creations are just a few examples of the things you will learn to make with us. Each workshop is designed to teach you a skill that you can develop so you can learn to make unique crafts that will impress.

Note: This class is geared toward the seasoned crafter. It is not a beginner's course. Participants should be aware of any allergies they may have before participating in the workshop. All supplies are included in the cost of workshop. Seating is limited to 10 per workshop with a minimum enrollment of at least 6 participants per workshop to move forward.

Who: Teens & Adults (Ages 16 & older)

Days: Monday & Wednesday

Time: 5:30 p.m. – 6:30 p.m.

Fee: \$50 per workshop

Location: CSS Academy, Brookfield

Workshop I: January 22 & 24 – Party Centerpieces

Workshop II: February 12 & 14 – Balloon Columns

Workshop III: March 12 & 14 – Designer Wreaths

Workshop IV: April 16 & 18 – Party Centerpieces

Workshop V: May 14 & 16 – Balloon Columns

Workshop VI: June 11 & 13 – Candy Cakes/Bouquets

The following sessions are open to the public. Pre-Registration is suggested.

Note: UIC – Institute for Disability and Human Development, a licensed continuing education sponsor in the state of Illinois, will be the CEU provider for this workshop. CEUs available for: Advanced Practice Nurses, Registered Nurses, and Licensed Practical Nurses, Clinical Psychologists, Illinois Teachers Professional Development (PD) (formerly CPDUs), LCSW's, LSW's, LPC's, LCPC's, Licensed Dietitian Nutritionists (RD), Nursing Home Administrators, Occupational Therapists, Physical Therapists, Qualified Intellectual Disabilities Professionals (formerly QMRP) & Speech Language Pathologists. Seating is limited to 40 registrants with a minimum enrollment of 10 registrants to move forward.

UNDERSTANDING THE MEANING BEHIND BEHAVIORS (CAREGIVERS AND PROFESSIONALS)

This workshop is ideal for families and professionals who work with individuals that display expressive behaviors. Display of physical, verbal, and sexual behaviors is often a form of communication indicating an unmet need. You are the private investigator that has to interpret these signs and find ways to meet the need. Participants will learn and problem solve in a supportive environment. During workshops, Marti Hannon CTRS, Founder of World Changer Consulting, will guide participants through the signs of escalating behavior and effective techniques to validate, redirect, and engage.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$40 per workshop

Day: Tuesdays

Workshop I: January 16, 2018

Workshop II: February 27, 2018

Workshop III: March 20, 2018

Workshop IV: April 10, 2018

Workshop V: May 22, 2018

Workshop VI: June 19, 2018

Time: 3:30 p.m. – 5:00 p.m.

Location: CSS Academy, Brookfield

RESTORING BALANCE (CAREGIVERS AND PROFESSIONALS)

Taking care of you, while caring for others, is one of the biggest challenges caregivers face. It is also one of the most vital skills to learn and share with others. Explore the signs, causes, and harmful effects of stress, anxiety, burnout, and negativity. Marti Hannon CTRS, Founder of World Changer Consulting, will take participants through learning practical methods for restoring balance to better care for others. Participants will experience relaxation techniques and expressive art exercises that can be used for themselves and the individuals they serve.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$40 per workshop

Day: Tuesdays

Workshop I: January 23, 2018

Workshop II: February 27, 2018

Workshop III: March 27, 2018

Workshop IV: April 10, 2018

Workshop V: May 22, 2018

Workshop VI: June 26, 2018

Time: 1:30 p.m. – 3:00 p.m.

Location: CSS Academy, Brookfield



ENCOURAGING HEALTHY RELATIONSHIPS 101 (CAREGIVERS AND PROFESSIONALS)

As caregivers and professionals working with individuals with Intellectual/Developmental Disabilities (I/DD), we want nothing more than to see them cultivate their own healthy relationships with others. Making decisions regarding what kinds of relationships they want and deciphering the feelings they have can be confusing for all involved. Taking into account socio-emotional development, this workshop will examine the challenges and opportunities for supporting healthy relationships for individuals with I/DD. This workshop is geared toward parents, caregivers, and staff working with individuals with intellectual and developmental disabilities.

Note: Seating is limited to 30 participants with a minimum enrollment of 10 registrants per workshop to move forward.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$60 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times: <https://cssservices.gosignmeup.com/public/course/browse>

HEALTHY RELATIONSHIPS 101 (FOR INDIVIDUALS WITH I/DD)

Everyone desires healthy relationships and connection with others. This topic is sometimes overlooked or avoided when it comes to caring for and working with individuals with intellectual and developmental disabilities. This workshop is geared toward individuals with I/DD. The individuals will explore topics such as their own values, friendships, dating, and choice-making.

(course description continued on back cover)



CSS Academy – Brookfield

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COMMUNITY CONVERSATIONS

(continued from page 10)

Note: Seating is limited to 30 participants with a minimum enrollment of 10 registrants per workshop to move forward.

Who: Adults with I/DD (Ages 18 & older)

Fee: \$50 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times:

<https://cssservices.gosignmeup.com/public/course/browse>

MOVING FROM FRIENDSHIP TO DATING (FOR INDIVIDUALS WITH I/DD)

Making decisions regarding what kind of relationship we want with another person and deciphering what types of feelings we have for another person can be confusing. Knowing how to move into a dating relationship that is safe, accepting and fun is a goal for most people. Knowing how to advocate for yourself with staff and family members can also be a challenge. This interactive discussion will explore the path of moving from friendships into dating relationships. Topics during this discussion will include healthy communication, boundary setting, and decision-making in these various types of relationships.

Note: Seating is limited to 30 participants with a minimum enrollment of 10 registrants per workshop to move forward.

Who: Adults with I/DD (Ages 18 & older)

Fee: \$50 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times:

<https://cssservices.gosignmeup.com/public/course/browse>

MOVING FROM FRIENDSHIP TO DATING (CAREGIVERS AND PROFESSIONALS)

Approaching the topic of dating without loved ones can be difficult and we may feel unprepared to have these conversations. As caregivers and professionals working with individual with Intellectual/Developmental Disabilities (I/DD), we know relationships are ever changing. This discussion will explore how we can help our individuals better understand their responsibilities and rights as they move from friendships into dating relationships. Topics during this discussion will include self-advocacy skills, healthy communication, boundary setting, and decision-making.

Note: Seating is limited to 30 participants with a minimum enrollment of 10 registrants per workshop to move forward.

Who: Caregivers and or staff of individuals with I/DD

Fee: \$60 per workshop

Location: CSS Academy, Brookfield

Please see website for information on dates and times:

<https://cssservices.gosignmeup.com/public/course/browse>