

Fall
2025



Enrichment Programming

Programs Offered

Foundations

Tailored for young adults with more intensive support needs

Engage in art, cooking, music, friendship-building, and essential life skills training

Essentials

For young adults with moderate support needs

Make friends, learn new skills, and have fun while building new skills

Explorations

For young adults with mild support needs

Explore making new friends while fostering social skills development in both the community and onsite

Course Descriptions

Art Club:

Art Club is a welcoming creative space for neurodivergent young adults to explore self-expression through a variety of hands-on activities, including painting, drawing, collage, sculpture, and DIY crafts. This enrichment program encourages connection, creativity, and confidence in a supportive, low-pressure environment.

Pickleball:

Pickleball is a fun, fast-paced paddle sport that's easy to learn and great for all skill levels. This class provides neurodivergent young adults with a supportive and inclusive environment to develop coordination, teamwork, and social skills while enjoying friendly games and activities.

Dungeons & Dragons:

Dungeons & Dragons program offers young adults an exciting way to explore imaginative storytelling and teamwork. Players create unique characters and embark on epic quests, developing creativity, problem-solving, and social skills. The game provides a structured yet flexible space to practice communication, build confidence, and connect with others through shared adventures. Whether new or experienced, participants can enjoy being heroes in their own stories.

Bowling:

After school bowling program designed for young adults to explore a fun, inclusive sport in a relaxed social environment. Whether participants are new to bowling or looking to sharpen their skills, this program offers a great way to unwind after school, connect with peers, and build confidence while learning the fundamentals of the game.

Cooking:

A hands-on after-school cooking program designed to introduce young adults to the basics of food preparation, nutrition, and kitchen safety in a fun and age-appropriate way. Each session encourages creativity, teamwork, and healthy habits as young adults learn to prepare simple recipes they can enjoy and share with their families.

Course Descriptions (cont'd)

Horseback riding:

After-school horseback riding program is designed to give young adult riders a safe, supportive introduction to equestrian skills, animal care, and personal growth through hands-on experience with horses. Open to beginners and those with limited riding experience, the program emphasizes safety, confidence, and responsibility while fostering a deep connection between children and animals.

Game Club:

A fun and inclusive after-school club where young adults can unwind, socialize, and engage in a wide variety of games—both classic and modern. From board games and card games to team-building challenges and strategy-based activities, the club provides a screen-light environment that encourages critical thinking, cooperation, and creativity.

Drama Club:

This club is a wonderful initiative to foster creativity, social skills, and self-expression in a supportive environment. Each week, young adults will participate in activities that focus on sensory exploration, verbal and non-verbal communication, role playing, improvisation, and storytelling.

Expressive Dance:

Step into a world of rhythm and expression with our Expressive Dance class, designed specifically for young adults with autism. This course provides a nurturing and inclusive environment where participants can explore dance, enhance their physical coordination, and express themselves creatively. Participants will develop fundamental dance skills such as balance, coordination, and rhythm through structured yet enjoyable activities. Our instructors focus on building confidence and ensuring that each participant feels comfortable and capable. Young adults will engage in group dances and collaborative projects to enhance social skills and teamwork. The class environment encourages positive interactions and helps build lasting friendships.

Sensory Enrichment:

Our sensory enrichment group provides young adults with a supportive environment to explore their sensory experiences, develop social skills and enhance their overall well-being. Group provides a safe environment for participants to explore different sensory experiences and teaches techniques for self-regulation and coping with sensory sensitivities. Young adults are offered opportunities for learning new skills related to sensory integration and self-management; as well as encourage communication and collaboration among participants.

Music and Movement:

Let yourself go as we move the beat! Each week this group learns about new music and dances from all over the world. Made for young adults that enjoy singing and dancing in a safe, inclusive environment where everyone is encouraged to make new friends and express themselves through music and movement.

Sports Club:

Join us each week as we explore some of our favorite sports! Opportunities include pickleball, basketball, frisbee golf and more.

Schedule & Pricing

AGES 18-30	MON.	TUES.	WED.	THURS.	FRI.
FOUNDATIONS	Music & Movement	Sports Club	Cooking	Art Club	Sensory Enrichment
ESSENTIALS	Bowling	Cooking	Game Club	Drama Club	Pickleball
EXPLORATIONS	Pickleball	Bowling	Horseback Riding	Expressive Dancing	Dungeons & Dragons

Dates: August 25- October 10

Time: 4:00pm-5:15pm (all classes end in Sherman Oaks, at 5:15pm except Horseback Riding and Bowling which end in the community at 5:30pm)

Afterschool Supervision: from 3:17pm-4:00pm is available for an additional fee (\$25 per day)

Fees: Classes are \$275 for all offerings **EXCEPT** Bowling (\$325) and Horseback Riding (\$375)

About Advance LA's clubLA

Advance LA's social activities are specifically designed for young adults who need a safe, welcoming, non-judgmental place to meet others with similar interests.

Under the umbrella of Advance LA, **club l.a.** is an exciting social community for young adults with diverse challenges ages 18 to 30. The group gets together a few times each month for activities throughout LA County, and events are structured to ensure a positive experience for all participants.

Advance LA works with young adult with:

Autism Spectrum Disorder • ADHD • Learning Differences
Executive Functioning Issues • Anxiety • Social Emotional Issues

Have questions?

email us at advancela@thehelpgroup.org or call (818) 779-5198



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