

Advance LA provides services and training to teens and young adults with a wide range of abilities, levels, and needs, including learning differences, autism spectrum disorder, executive functioning difficulties, ADHD, and other social or emotional challenges.

Through our work, we hope to inspire personal growth and development, offer a sense of mastery and accomplishment, and allow each client to “advance” to greater levels of independence.



We offer the support needed to facilitate a greater level of independence for each client based on his or her individual needs in several key areas:

EXECUTIVE FUNCTIONING

Organization strategies, time management, problem solving, management of screen time, self-monitoring

SOCIAL CONNECTIONS

Social skills, development of healthy and meaningful relationships

ACADEMIC SUPPORTS

Coursework assistance, college selection and application process, navigating college life, accessing campus resources

VOCATIONAL SUPPORTS

Career and/or vocational exploration, resume development and interview techniques, job application process, job preparation and retention

INDEPENDENT LIVING SKILLS

Money Management, Cooking, Shopping, Laundry, Home Care, Transportation, Community Integration, Safety, Self-advocacy, Personal hygiene

HEALTH & WELLNESS

Healthy eating, exercise, and recreational habits, stress management, coping strategies

For more information or to schedule an initial phone consultation, contact: **818-779-5198** or ADVANCELA@THEHELPGROUP.ORG

ADVANCE LA ADMINISTRATION

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www.advancela.org | www.thehelpgroup.org  



Founded in 1975, The Help Group is the largest, most innovative and comprehensive nonprofit of its kind in the United States serving children, adolescents and young adults with special needs related to autism spectrum disorders, learning differences, ADHD, developmental delays, abuse and emotional challenges.

At the heart of its efforts is the commitment to helping young people fulfill their potential to lead positive, productive and rewarding lives.

THE HELP GROUP'S

Advance LA



Preparing teens and young adults with unique challenges for a successful future

www.advancela.org



COACHING

LIFE SKILLS COACHING

One on one support, as well as group coaching, may be provided at home, in the community, by Skype or in the office to help ensure successful outcomes.

PARENT & FAMILY COACHING

Helps parents and families develop various tools and strategies that allow them to support their young adult toward a greater level of independence.



WORKSHOPS & CONFERENCES

FOR TEENS & YOUNG ADULTS

Fun, interactive courses and an annual conference that provide young adults with the opportunity to connect with peers while learning transition skills, sparking passions, and cultivating new relationships.

FOR PARENTS & PROFESSIONALS

Workshops and an annual conference for parents and professionals on a variety of topics focused on supporting teens and young adults during their transition to independence.



ACTIVITIES & SUPPORT

SOCIAL ACTIVITIES & CLUBS FOR YOUNG ADULTS

A variety of activities and events to provide opportunities for young adults to meet others with similar interests, enhance social skills, and develop long-lasting friendships.

PARENT-TO-PARENT SUPPORT GROUPS

Free monthly meet-up for parents and caregivers facing the challenges of helping their young adult transition to greater independence. Share the struggles as well as successes, gain valuable information, advice and resources, and benefit from the experience and support of professionals as well as other parents.

At Advance LA, we offer the answer to one of the most frequently asked questions by parents of these teens and young adults: "What happens next?" Our personalized program provides clients with the experiences and opportunities they need to lead a fulfilling adult life.