

**CAREER TECHNICAL EDUCATION**  
**PRE-APPRENTICESHIPS, DIRECT SUPPORT PROFESSIONAL TRAINING,**  
**& ADULTS WITH INTELLECTUAL DISABILITIES PROGRAM**



**Coming this Fall**  
 Go to our website for Orientation dates

# Direct Support Professional Training

Train to work in a residential facility with adults who have intellectual disabilities. **Employment opportunities abound in this field of work.** This class is **Year 1** of a two year training program. It is an intensive three week program with evening and Saturday classes and is specifically designed for students who are currently employed. In a very short period of time, you will be prepared for job opportunities in this important field.

**Applicants must demonstrate that they have a high school diploma or a GED.**  
*This program will be offered free of charge.*

This course meets the California Department of Developmental Services established requirements for Direct Support Professional training. This competency-based training program is mandatory for all direct support staff working in licensed community care facilities. The Direct Support Professional (DSP) Training is based upon core competencies or skills necessary for satisfactory job performance.

## Adults with Intellectual Disabilities Program



These classes are specifically designed to assist adults with intellectual disabilities with skill building to prepare for employment and independent living offered through our partner, Harambee Community Services.

**Fall Registration will be held on the first day of classes. Inroom 101 at the San Leandro Adult School Education Center.**

- Get a Job** - Need a job? Assess your skills, set goals, successfully present yourself, and ace the interview.
- | Cost | Time           | Days | Place  | Dates       |
|------|----------------|------|--------|-------------|
| Free | 12:30 - 1:30pm | Mon  | EC 101 | 9/11 - 12/4 |
- Menz Square Social Skills Training** - Men, improve communication skills, make friends, & network.
- |      |                |     |        |             |
|------|----------------|-----|--------|-------------|
| Free | 12:30 - 1:30pm | Tue | EC 101 | 9/12 - 12/5 |
|------|----------------|-----|--------|-------------|
- Work Smart** - How do you keep a job? Thrive in the workplace by having a good attitude, getting along with your co-workers, understanding how to please your boss, and learning other secrets of successful employees.
- |      |                |     |        |             |
|------|----------------|-----|--------|-------------|
| Free | 12:30 - 1:30pm | Wed | EC 101 | 9/13 - 12/6 |
|------|----------------|-----|--------|-------------|
- Job Club** - A support group for people who are looking for a job or have landed a job. Share work stories, learn about job leads, and make contacts.
- |      |                |       |        |             |
|------|----------------|-------|--------|-------------|
| Free | 12:30 - 1:30pm | Thurs | EC 101 | 9/14 - 12/7 |
|------|----------------|-------|--------|-------------|
- Art Class: Creativity Explored** - Get creative! Individual projects and group murals in multiple mediums.
- |      |                |     |        |             |
|------|----------------|-----|--------|-------------|
| Free | 9:30 - 10:30am | Fri | EC 101 | 9/15 - 12/8 |
|------|----------------|-----|--------|-------------|
- Nutrition, Meal Planning, & Food Preparation** - Learn to make healthy choices and create dishes that delight you. Tasting encouraged.
- |      |               |     |        |             |
|------|---------------|-----|--------|-------------|
| Free | 2:00 - 3:00pm | Wed | EC 101 | 9/13 - 12/6 |
|------|---------------|-----|--------|-------------|
- Sister Circle Social Skills Training** - Women, improve communication skills, make friends, & network.
- |      |               |       |        |             |
|------|---------------|-------|--------|-------------|
| Free | 2:00 - 3:00pm | Thurs | EC 101 | 9/14 - 12/7 |
|------|---------------|-------|--------|-------------|
- Life Skills** - Be healthy, successful, and happy! Create a roadmap of your dreams, wishes, goals and objectives.
- |      |                |     |        |             |
|------|----------------|-----|--------|-------------|
| Free | 11:00am - Noon | Fri | EC 101 | 9/15 - 12/8 |
|------|----------------|-----|--------|-------------|

**Coming Soon!**

**Pre-Apprenticeship Preparation Class**

Prepare to enter and successfully complete an apprenticeship program. Classes focus on developing workplace skills that address the many requirements of new employees. Topics include OSHA guidelines, soft skills, and math skills.