

## Frank D. Lanterman Regional Center

### ~Training Opportunities for Clients~



#### **Abilities**

Abilities is a sexual abuse and exploitation risk-reduction program for adults with developmental disabilities. This training includes topics such as: definitions of sexual abuse, assertiveness training, self-esteem and communication, personal safety training, and what to do if a person is ever sexually abused or assaulted. *For more information about this training, call 213.252.4976 or e-mail [training@lanterman.org](mailto:training@lanterman.org). Contact your service coordinator if you are interested in registering.*

#### **Get Safe**

The Get Safe program is a personal safety program for people with developmental disabilities. Topics covered include assertiveness training, community safety awareness, setting limits, defining boundaries and creating healthy relationships. Two trainings are offered for clients: one for 12 years of age and younger, and another for those 13 years of age and older. *For more information about this training, call 213.252.4976 or e-mail [training@lanterman.org](mailto:training@lanterman.org). Contact your service coordinator if you are interested in registering.*

#### **S.H.A.S.T.A.: Sexual Health and Safety for Teens and Adults (parent/guardian participation required)**

This six-week series of workshops developed by Planned Parenthood is designed for teens and young adults with mild to moderate developmental disabilities. The workshops promote informative and positive communication between teens, young adults, and their parent/guardian on issues related to sexuality and reproductive health. *For more information about this training, call 213.252.4976 or e-mail [training@lanterman.org](mailto:training@lanterman.org). Contact your service coordinator if you are interested in registering.*

#### **Project Prepare**

The Regional Center conducts voluntary training seminars on disaster preparedness for clients, families and service providers each year. Through Project Prepare, clients and independent living program staff receive disaster training specific to people with disabilities. Disaster kits are also distributed to clients at each training or through their

independent living staff. *For more information about this training or disaster kits, contact your service coordinator or visit [www.lanterman.org](http://www.lanterman.org) for upcoming training opportunities.*

### **Women's Reproductive Health and Self-Advocacy Training (RHSA)**

RHSA is a peer-advocacy-based training program for women with developmental disabilities. The training is co-taught by a health educator and female client, and includes topics such as: basic anatomy, menstruation, menopause, pregnancy, sexually transmitted diseases, contraception, the importance of women's health exams, and using self-advocacy to communicate with your doctor. *For more information about this training, call 213.252.4974.*

### **Computer Classes for Adult Clients**

The Los Angeles Unified School District, Division of Adult and Career Education, Los Angeles Community Adult School in partnership with Lanterman Regional Center have established both beginner and intermediate computer classes to assist Lanterman clients and their families with an introduction to computers, software programs, Internet and e-mail. Space is limited and fills up quickly. *For more information, contact the Koch-Young Resource Center at 213.252.4984 or [cmayola@lanterman.org](mailto:cmayola@lanterman.org), or visit the client training section on Lanterman's Web site at [www.lanterman.org](http://www.lanterman.org).*

### **Adult Functional Literacy Program**

The Association for Individuals with Developmental Disabilities (AIDD) presents the Adult Functional Literacy Program. This program is dedicated to improve an adult client's reading and comprehension for information and living skills, for a job and for pleasure. Clients will also gain other applicable and useful life skills in the process. *For more information, contact the Koch-Young Resource Center at 213.252.5600, or visit the client training section on Lanterman's Web site at [www.lanterman.org](http://www.lanterman.org). Contact your service coordinator if you are interested in registering.*

### **INCLUSION FILMS**

Joey Travolta offers Inclusion Films, a practical film making workshop. This 20 week program takes participants through the process of making a short film, from pre- to post-production, using a working Hollywood film production as a lesson plan. Clients work along actual production crew and gain hands-on experience in the film industry. *For more information, call 818.848.3708 or email [InclusionFilms@aol.com](mailto:InclusionFilms@aol.com). Contact your service coordinator to set up an interview.*