

# FORWARD FUTURES



## WHERE MEANINGFUL DAYS LEAD TO FULFILLING LIVES

Forward Futures is founded on the core belief that self-reliant adults possess 5 attributes that contribute to their success and wellbeing. These attributes act as pillars to support the ultimate goal of helping our members navigate and enjoy adulthood.

### FORWARD FUTURES FIVE PILLARS

1. Executive Function and Life Skills
2. Meaningful and Positive Relationships
3. A Healthy Self-image
4. Continued Growth and Learning
5. Community Outings and Engagement

Through small group instruction, engaging outings, and fun activities members partake in enriching experiences that align to our pillars, enhance their lives, and fill their days with friendship and fun!



Forward Futures members can expect to choose from a menu of daily activity offerings based on their goals and desires. Sample activities:

- Small Group Outings
- Health, Wellness and Fitness
- Everyday Math or Book Clubs
- Communication and Social Skills
- Meal Prep and Shopping
- Creative Arts (music, art, performing arts)
- Personal and Home Care
- Self -Advocacy
- Computer Classes and More!

**FOR MORE INFORMATION**  
**Contact Alexis Spektor**  
**Adult Program Director**  
**732-747-5310 x 120 or**  
**email [info@frainc.org](mailto:info@frainc.org)**  
**[www.frainc.org](http://www.frainc.org)**  
**Come See Us Today!**

Forward Futures can be combined with Habilitative Therapies such as Occupational Therapy or Speech Therapy to better address the needs of our members. With over 45+ years in operation FRA has earned a rich reputation of creating high-quality programming to meet the changing needs of our local community. We are proud of retaining long-term employees who are passionate about providing unique, supportive and customizable services in our Red Bank and Brick locations.

# HABILITATIVE THERAPIES FOR ADULTS



PossAbilities  
for people  
with disAbilities

## OCCUPATIONAL THERAPY

Occupational Therapy is an evidence-based practice that helps individuals across the lifespan to do the things they want and need to do. OT practitioners enable individuals of all ages to live life to its fullest by helping to promote health, and prevent—or maximize independence to live optimally with—injury, illness, or disAbility. These are some of the skills that can be gained through working with our practitioners.

- Independent living skills (i.e., money management, grocery shopping, self care)
- Home or activity modifications
- Stress management
- Thinking skills
- Strengthening and
- Coordination & balance Individuals
- Travel training

And much more based specifically on client needs!



## SPEECH THERAPY

Speech Therapy helps adults with communicative needs learn techniques to improve interactions with others. The skills learned through speech therapy can be applied to each person's repertoire to improve communication at home, on the job, and in the community. These are some of the skills addressed by our practitioners:

- Verbal expression (speaking) & auditory comprehension/ processing (understanding speech)
- Speech articulation
- Voice
- Stuttering
- Pragmatics (understanding the non-literal aspects of speech/inferencing based on the context of conversation)
- Functional communication in the community
- Job related communication skills

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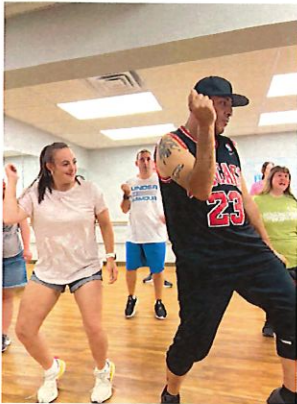
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# WELLNESS

FRA wellness programs allow students to expand their social, cognitive and physical abilities, while learning to become more independent and gain confidence. Our talented and compassionate instructors strive to bring out the best in everyone using a safe and supportive group environment.



## DANCE

An exciting and fun blend of Hip-hop, free style, Latin and show dancing instruction designed to promote confidence in social settings and to foster creativity.  
\$15 per class

## KARATE

Traditional instruction that is geared towards building focus, balance, strength and confidence.  
\$20 per class



## YOGA

Certified yoga instruction to develop flexibility, balance, focus and relaxation.  
\$10 per class

Contact Alexis Spektor Adult Program Director  
[info@FRAinc.org](mailto:info@FRAinc.org) 732-747-5310 x120

For more  
information