



Giant Step

Academic Classes

Apartment Organization 2x week Tue/Fri 2:00-3:00 **\$400 monthly**

Individualized instruction that addresses all aspects of apartment living including cleaning, laundry, apartment safety, preparing shopping list, budgeting, understanding banking transactions.

One to One Cooking 1x week TH 3:30-4:30 **\$340 monthly**

Cooking Individualized instruction focuses on kitchen safety, nutrition and basic cooking skills. The individual is taught to produce recipes and maintain a safe, healthy kitchen.

Community Dinner 2x week Tue/Wed 4:30-5:30 **\$340 monthly**

This class teaches menu planning, meal preparation, nutrition, kitchen safety, dinner conversational skills and cooperative chores.

Educational Seminar Modules TH 1:30-3:00 **\$291.67monthly**

Outdoor Education 1x week

This is a community-based class that explores different sites on Long Island. The focus is on social skills, cooperative problem solving, career exploration and cultural awareness.

Vocational Seminar 1x week

This class prepares students for the world of work. Coursework includes resume development, interview skills, social skills, and self-awareness as it relates to employment.

Social Psychology 1x week

This addresses social skills in dealing with roommate issues, peer resolution, worksite behavior and conversation skills. It is a hands-on class that also includes modules in mindfulness and self-awareness, relationships, and self- advocacy.

Members of the community can participate in Giant Step Services' Academic Classes.