

NEWS RELEASE

FOR IMMEDIATE RELEASE

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KNOWLEDGE FOR LIFE COURSE OFFERED

Suffolk, VA (November 23, 2016) “Knowledge is Power,” so come and join Suffolk’s Office on Youth for it’s FREE *Knowledge for Life* program provided by Therapeutic Recreation services. It is never too early and it is never too late to start learning basic living and life skills for your future.

Knowledge for Life is a living and life skills course that provides assistance and guidance to children and adolescents ages 6 and up with special needs and varied abilities in order to promote and develop their awareness, social and personal life skills, independence, and self-confidence.

With interactive activities and presentations that touch on important topics such as safety and safety awareness, fitness, basic nutrition, snack preparation and household skills – your child can interact with others in a fun and supporting environment while developing the skills and confidence needed to assist in completing everyday tasks presented to them at school, in the home, or around the community.

Parents are welcome and encouraged to join in on the fun as experienced professionals from the Suffolk Police Department, Suffolk Fire & Rescue, and representatives from the Children’s Hospital of the King’s Daughters come and share

their knowledge, experiences and expertise by providing helpful presentations, interactive activities, and useful resources and information.

This program will be held on Wednesday and Thursday nights at the Planter's Club on December 7th, 8th, 14th and 15th from 5:30 p.m. to 7:00 p.m. The program is FREE and participants who require 1:1 assistance are welcome with their parent/guardian or own personal aide. Pre-registration is required and space is limited, so register today!

This event is geared towards children and adolescents ages 6 and up with special needs and varied abilities. Please note that the ages listed are simply guidelines. We do consider developmental age and strive to best suit the individual with the most appropriate class. We are accommodating and view each person as their own individual. Physical requirements and other restrictions can also be accommodated with notice for classes and events.

Do not miss out on this FREE, educational and interactive opportunity for you and your loved one as we move forward towards the goal of providing inclusive recreation opportunities for all individuals within our community.

The Planter's Club is located at 4600 Planters Club Road.

For more information and how to register, please contact Maribel Baltazar, CTRS at 757-514-7264 or by email at mbaltazar@suffolkva.us.

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