

OUR MISSION

Cardinal Cushing Centers is a place where individuals continue to find *possibilities, opportunities, and hope*: the *possibility* to achieve greater levels of success in all areas of life; the *opportunity* to learn in nurturing, innovative and individualized programs; and, the *hope* that each tomorrow will bring personal fulfillment, new experiences, and shared happiness.

The goal of Life Opportunities Unlimited is to provide a meaningful day for adults with disabilities. Life Opportunities Unlimited is an innovative response to the need to create a meaningful and productive day for participants.



OVERVIEW

Life Opportunities Unlimited, an innovative day program, offers families and participants a dynamic, contemporary and relevant approach to the teaching of healthy lifestyle choices. Services will be customized to meet the specific needs of participants in small groups of 5 to 8 people.

Groups are created based on age and individual interests and needs. Integral to the success of our services are the four elements which are: wellness, relationships, independence and community. Some areas that we focus on include nutrition, fitness, health eating habits, cooking classes, independent living skills, social skills, artistic expression, music appreciation, travel training, technology, volunteerism, and community experiences.

Life Opportunities Unlimited has several partnerships with local community resources to allow participants opportunities to engage in meaningful community experiences such as fitness classes at the YMCA or participating in programs at the Senior Center. Life Opportunities has a clinical team that provides nursing, speech pathology, physical therapy, behavioral therapy, and occupational therapy services as needed.

LIFE OPPORTUNITIES UNLIMITED OFFERS

- ▶ Community participation
- ▶ Fitness and exercise
- ▶ Nutrition education
- ▶ Grocery Shopping
- ▶ Meal Preparation
- ▶ Personal Hygiene
- ▶ Understanding Technology
- ▶ Personal Finance
- ▶ Artistic & Music Expression
- ▶ Travel Training
- ▶ Disability Awareness
- ▶ Social Awareness
- ▶ Effective Communication
- ▶ Healthy Relationships
- ▶ Media Literacy
- ▶ Community Service Corps
- ▶ Travel Training
- ▶ Community Safety



*Life Opportunities Unlimited
A new kind of Day Habilitation
Program*

Cardinal Cushing Centers, Inc.
85 Washington Street
Braintree, MA 02184
Phone: 781.335.5601



PROGRAM

- ▶ Technology Center
- ▶ Media Equipment
- ▶ Wii Interactive Gaming System
- ▶ Dance Dance Revolution
- ▶ Therapeutic Spa Room
- ▶ Full Kitchen
- ▶ Walking Distance to MBTA services
- ▶ Located in Braintree
- ▶ Ropes Course
- ▶ Onsite Greenhouse
- ▶ Outdoor swimming pool



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*WHERE
OPPORTUNITY AND
POSSIBILITY MEET*



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*Life
Opportunities*

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Fax: 781.335.0479
www.coletta.org



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