



able

SOUTH CAROLINA

**Able South Carolina:
Free Youth Programs**



able-sc.org

Able SC Free Youth Programs and Services

The transition to adulthood for youth with disabilities can be complicated. As an organization staffed and board-directed by a majority of people with disabilities ourselves, we understand the needs of youth, their families, and the professionals supporting them in ways that other agencies may not.

Interested? call 803-779-5121 or email youthteam@able-sc.org.

Career BOOST!

Pre-Employment Skill Classes

We serve students with disabilities across the Midlands and the Upstate to prepare them for employment and life after high school.

- We offer engaging hands-on lessons for in-person classes, and host exciting live virtual lessons
- Curriculums are a series of weekly 45-minute sessions
- Lessons are taught by peers in the disability community and young professionals from diverse backgrounds
- Lessons are universally designed for accessibility, can be integrated into any classroom, and work alongside any existing accommodations

One Day Workshop

This 20-25 person 5-hour workshop is facilitated in one day and is filled with fun activities and lessons. The lessons are designed to build disability pride and self-advocacy and prepare students with disabilities for employment and life after high school.

- Just like our in-school lessons, all of our activities are facilitated by peers and young professionals in the disability community from diverse backgrounds

Ask us about our gift card raffle and free lunch options!



SC Youth Leadership Forum



South Carolina Youth Leadership Forum (SC YLF) is a unique multi-day overnight summer leadership learning experience that empowers and enhances the leadership and self-advocacy skills of young adults with disabilities. This program is funded through the SC Developmental Disabilities Council.

- Delegates participate in hands-on activities with peers, mentors, lawmakers, and successful role models with disabilities
- Open to young adults with any type of disability, ages 15-23
- Delegates are selected based on an application and interview

Learn more: scylf.org or email ylf@able-sc.org

Youth Independent Living Skills Training

We equip youth with disabilities with the tools they need to reach their goals. Our services increase their independent living skills, confidence level, and overall adaptability skills. Our staff have been there and know the obstacles they may face.

- Peer mentoring can be done virtually or in person, and is designed to help young adults with disabilities set concrete, personal, and realistic goals
- Skills training we offer include: adjustment and adapting to disability, disability pride, self-advocacy, daily living skills, healthy relationships, supported decision making, and more!
- After setting clear goals, participants are be paired with Youth Independent Living Specialists, professionals equipped with resources and focused on empowerment



Equip Programs

Hangouts

Our Leaders host monthly hangouts where youth with disabilities make friends, build new skills, and learn about self-advocacy and disability pride.

- Monthly In-person hangouts are in our offices in Columbia and Greenville. Join our monthly virtual hangout online!
- Call us or visit our website for dates and times, and register using our online form to save your spot and get reminder emails.

Able SC Youth Discord

Find Equip Leaders and Mentors on our Able South Carolina Youth Discord!

- Our Discord Server is an online social space for youth with disabilities who have already connected with Able SC's many youth services.
- We have many weekly events, like chats, games, and movie nights.
- There are book clubs to join, a D&D group that is adventuring, and support from other youth with disabilities like you.

Community Activities

We also host community hangouts, designed to help youth with disabilities engage with the community, learn about local resources, and build their social skills in a peer-to-peer setting.

- Community activities are held in locations around the midlands and upstate throughout the year. Announcements are posted on discord and sent via email.



@EquipLeadershipGroup



@Equip_SC

Testimonials From South Carolina Teachers

"I love this organization!"

"Able is filling a niche that is needed in our schools!"

"Excellent in every way."

Testimonials From Disabled Youth

"Able South Carolina has helped me talk to people better and make new friends."

"What I've accomplished with peer support is getting a job and creating a cover letter that led to that job. I also got my drivers permit!"



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