



Leading an Independent  
and Fulfilling Life.

## EMPOWERING PEOPLE TO LIVE AND THRIVE IN THEIR COMMUNITY

CDS Monarch provides a wide variety of services for people with intellectual and developmental disabilities so they may achieve their dreams and become successful members of their community.

Operating in Monroe and Wayne Counties, CDS Monarch strives to provide individuals with the tools necessary to achieve personal growth and independence. Through our comprehensive day services, and high quality, tailored life planning we're able to properly transition individuals into a fulfilling life incorporating valuable life skills.



### DAY SERVICE PROGRAMS

*Available to adults ages 21+*

#### BLENDING CREATIVE OPPORTUNITIES (BCO)

Located in Webster NY, this program is for individuals who have graduated high school. It offers traditional day habilitation, community prevocational activities, and transitional support for adults through developing life skills, social communication, and volunteer opportunities. Additionally, this program offers personalized programming for individuals looking for a quieter, slower paced setting.

#### WEBSTER CREATIVE OPPORTUNITIES (WCO)

WCO offers a wide array of sensory-based activities and a dedicated community inclusion group that plans and participates in community outings. This program offers building-wide activities, a calming sensory room, and is equipped to support individuals who have higher support or medical needs.

#### LINDEN CREATIVE OPPORTUNITIES (LCO)

Located in Penfield NY, this traditional day program provides individuals the chance to participate in a variety of sensory-based activities. With its open layout, individuals have space to move around, join integrated group activities and also seek out a quiet space as needed. This location is also equipped to support individuals who have higher medical or daily support needs.

#### PENBROOKE CREATIVE OPPORTUNITIES (PCO)

Located in Penfield NY, this traditional day program setting provides services to individuals seeking an experience centered around physical activity, skill building, and personal growth towards independence. This program's focus is community inclusion and active lifestyles. It is also able to support individuals with higher behavioral needs.

#### WITHOUT WALLS (WOW)

This program picks up and drops off its participants right at their homes. They spend their days in the community participating in a combination of volunteer and leisure activities, while maintaining a focus on individual valued outcomes, skill-building goals, and building community relationships.

## EMPLOYMENT READINESS AND ONGOING SUPPORT

Supported Employment Services (SEMP) provides a number of services to assist individuals in obtaining and maintaining competitive employment.

- Pre-employment transition services
- Employment preparation services
- Job placement services
- Supported employment services

## FAMILY CARE

Family Care provides a safe, natural, family setting for people with intellectual and developmental disabilities to receive the care and support they need, with the independence to explore their own interests. Different than group homes, Family Care matches people with loving families who want to open their homes.



## RESIDENTIAL SERVICES

CDS Monarch operates 26 residential homes throughout Monroe and Wayne Counties, including specialized residences for people with autism, hearing impairments, and other medical or behavioral needs. Our Residential Services provide a home environment and a caring, supportive team of staff who work with more than 200 individuals with intellectual and developmental disabilities to develop the skills that will empower them to lead independent and productive lives.

## COMMUNITY HABILITATION

Community habilitation is a one-on-one and small group skill development and community inclusion program designed around the assessed needs of each person. CDS Monarch staff assists individuals with intellectual and developmental disabilities in identifying their needs and goals to develop their skills to become more independent in areas such as: budgeting, transportation training, grocery shopping, menu planning, laundry, cooking, and socialization.

## FAMILY SUPPORT SERVICES

These services are designed to help reduce the stress of the primary caregivers and assist individuals with intellectual and developmental disabilities to improve their independence and social skills. These include Family Groups, Community Recreation, and Autism Skill Building, among others.

## TO LEARN MORE OR TO APPLY FOR SERVICES

Please visit us online at:

[cdslifetransitions.org/cds-monarch/services](https://cdslifetransitions.org/cds-monarch/services)

Or contact:

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## WE ARE HIRING!

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