



**DISABILITY
ACTION
CENTER**

www.actionctr.org



AGES 14-30 WITH A DISABILITY WELCOME

(530) 242-8550

DAC V.E.S.T.



V: Vocational E: Educational S: Social T: Training

The V.E.S.T program provides information, referral, and guidance with center- and community-based services. Youth may receive training in life skills, education planning, social skills, and job training including the opportunity to qualify for a paid Peer Mentor Internship.

We offer comprehensive services to support both the youth and their family through this often-challenging transition time.

Offered Via Zoom:

Parent Orientation

April 25th 1-2:30 pm or May 30th 10-11:30 am

To sign up email wendyl@actionctr.org

- Connect with local education programs and resources.
- Explore a variety of job fields and the qualifications needed.
- Develop daily living skills: budgeting, nutrition, organizing, and more.
- Learn how to be socially appropriate in the community and at your job.