



Spotlight on: GOALS Everybody Counts Programs

GOALS—Everybody Counts is a multi-program, therapeutic activity based set of programs hosted by GOALS which support opportunities for our “differently abled” neighbors. There are four major program components which include recreation (primarily hosted at Lakers Legends Basketball Court/Dreamscape TOO), art—primarily hosted at our center headquarters hall in concert with our AmeriCorps team, gardening based out of the GOALS Growing Garden, and writing and reflection. The programs operate year ‘round with an extra emphasis on integration with our GOALS Cadets volunteers throughout the annual Summer of Service. Of all the many service opportunities in GOALS, Everybody Counts typically proves the most popular—by a large margin. This is due no doubt to the extraordinary inspiration, positive spirits and mutual admiration that all participants experience

while learning new skills , improving sociability, and just plain having a great time together!



GOALS operates the “Everybody Counts” programs in a close partnership with the not for profit MY DDAY COUNTS organization which is based in Anaheim just a block from major GOALS facilities. GOALS and My Day Counts have long collaborated by providing joint activities for those who are differently abled. Over the years hundreds of GOALS teens and young adults have enjoyed healthy and happy service support as well.

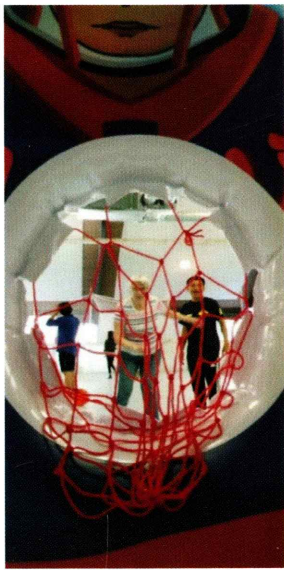


GOALS

EVERYBODY COUNTS

For the last 15 years, GOALS Cadets and participants from My Day Counts have teamed-up and engaged in adaptive sport activities during the Summer.

Beginning Fall of 2018, this collaborative has expanded and developed a year-round program in which "MDC" participants engage in athletics, job training and community gardening. Over the next year Everybody Counts will serve over 250 individuals with disabilities as a major community outreach by GOALS.

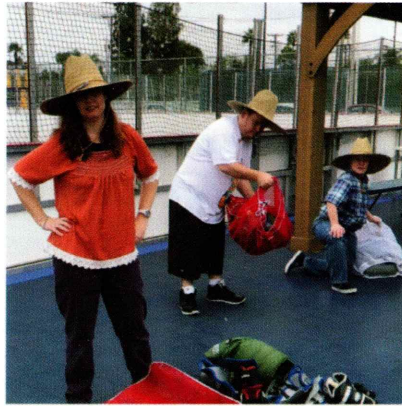


*Helping people with disabilities
reach their fullest potential*



GOALS

EVERYBODY COUNTS

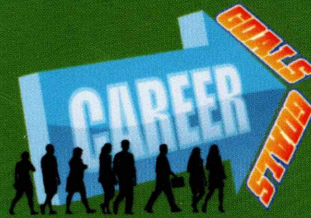


ADAPTIVE SPORTS



Participants with disabilities engage in adaptive sports activities which include: stretching, soccer, basketball and soft-toss games.

JOB TRAINING



Select participants engage in on-the-job training with senior GOALS coaches to prepare them to enter the workforce.

COMMUNITY GARDENING



Participants plant, cultivate and care for fruits and vegetables while learning about health and nutrition.

BENEFITS OF THE PROGRAM

- Absolutely no cost to My Day Counts participants.
- Skill building and training services to overcome employment barriers.
- Inclusive learning and hands-on training.
- Small coach to participant ratio.
- Physical activities that increase self-esteem, stamina, balance and coordination.
- Therapeutic community gardening proven to help individuals with developmental and physical disabilities.