



## Expectations for Participation:

- Progression toward achievement of goals throughout program involvement
- Attendance and full participation in the 12-week curriculum
- Completion of daily homework and skills practice activities
- Participation in physical activity for 30 minutes, three days per week
- Parent involvement, attendance at meetings and support for program activities

Upon successful completion, participants will:

- Receive a personalized resume highlighting their skills and abilities
- Participate in our innovative 18-week Career Skills Training with the Hugs + Mugs Gift Shop & Café at GiGi's Playhouse

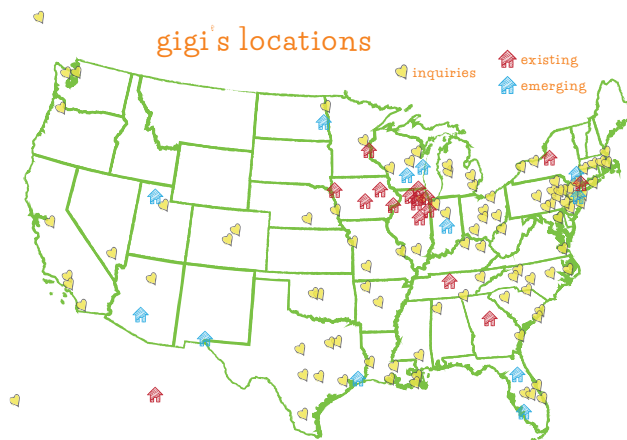


Hugs + Mugs is a retail and online store run by adults with Down syndrome who are graduates from GiGi University.

Visit our store or check out our website at [gigisplayhouse.org/hugs-and-mugs](http://gigisplayhouse.org/hugs-and-mugs)

**Hugs + Mugs**

HANDMADE • HEARTFELT • HOPE FILLED



Changing the way the world sees Down syndrome.  
one child. one diagnosis. one community at a time.

GiGi's Playhouse is an established series of Down Syndrome Achievement Centers. Serving children and adults of all ages, each Playhouse provides educational and therapeutic programs at no charge to families in a format that individuals with Down syndrome learn best. All programs aim to maximize self-confidence and empower individuals to achieve their greatest potential.

Hoffman Estates | 847.885.7529

2350 West Higgins Rd, Hoffman Estates, IL 60169  
21 Playhouses in North America, including Mexico!  
And still growing!

Check our website for a location near you!

[gigisplayhouse.org/gigi-u](http://gigisplayhouse.org/gigi-u)



GiGi University is an innovative and goal-oriented program for adults with Down syndrome. Unlike other GiGi's Playhouse programs, GiGi U is application and interview-based.

# GIGI U

confident u • healthy u • whole u

GiGi U is offered free of charge and focuses on development of confidence, health and wellness, career skills and communication skills. GiGi University is designed to motivate and teach adults with Down syndrome to achieve their highest potential.



#GiGiU



## Core Areas of Curriculum:

**Confidence:** Self-Esteem, Self-Care, Self-Advocacy

**Health:** Fitness, Nutrition, Safety

**Whole Self:** Communication Skills, Career Skills, Special Interests

## Instructional Program Schedule:

Mondays, Wednesdays & Fridays

from 9:00am- 1:15pm

12 week sessions

Offered three times per year

## How to Apply:



1. Print the GiGi University Application from [www.gigisplayhouse.org/gigi-u](http://www.gigisplayhouse.org/gigi-u)
2. Submit the GiGi University Application along with a Letter of Recommendation and the Physician's Approval for Physical Activity
3. Participate in a one-on-one interview

*"After our mother passed, Chris had no desire to do anything. This program has given him passion to live again!"*

-Sabrina, sister to GiGi U graduate Chris (on right)

*"This place has changed me! I feel amazing! At first, I didn't know what to expect, but I can do this!"*

-Kiera, GiGi U graduate



GiGi Prep is offered for adults who may need more support in preparing for the demands of GiGi U.

## confident u

Classes offered in the areas of Self-Advocacy, Self-Esteem and Self-Care guide GiGi U students in developing a skillset for future success in the work place. Students learn to become advocates for their own learning needs, how to manage stressful situations and building confidence in their work and abilities.



## healthy u

Students learn that in order to reach their highest potential and give their "Best of All" each day, they have to be physically and mentally ready to take on different challenges. Through daily fitness classes, weekly nutrition and safety classes, students prepare their bodies and minds for the demands of the workplace and learn to implement healthy lifestyles choices at home and at work.



## whole u

Career Skills, Communication Skills and Special Interests classes teach students how to effectively communicate their needs to a supervisor, prepare for interview situations and learn to manage the dynamics and demands of the workplace.

