

GIGI U

confident u • healthy u • whole u



GiGi University is a comprehensive and progressive learning program for adults with Down syndrome. The program is offered free of charge and focuses on classroom-based skill development in the areas of communication, customer service, nutrition, exercise and computers. GiGi University provides enhanced training and skills practice, preparing students to meet the demands of the working world. GiGi University was designed to motivate and train adults with Down syndrome to achieve their highest potential. Graduates of GiGi University will be offered a 15-week Career Skills Training Program at the Hugs + Mugs store, to continue their learning in a live retail business and gain crucial experience.

Core Areas of Curriculum:

Confidence:

- Self- Esteem
- Self-Care
- Self-Advocacy

Health:

- Fitness
- Nutrition
- Safety

Whole Self:

- Communication Skills
- Special Interests
- Career Skills

Expectations for participation:

- Progression toward achievement of goals throughout program involvement
- Completion of homework assignments and skills practice
- Parent involvement, attendance at meeting(s) and support for program activities

Upon successful completion, participants will:

- Receive a personalized resume highlighting their skills and abilities
- Participate in a 15-week Career Skills Training with GiGi's Playhouse Hugs + Mugs store
- Receive a referral to potential work opportunities based on the participant's interests, skills and abilities

Instructional Program Schedule:

Mondays, Wednesdays & Fridays from 9:00am- 1:00pm
Offered four times per year

How to apply:

1. Complete the GiGi University Application and submit with a Letter of Recommendation.
2. Submit the Physician's Approval for Physical Activity form signed by the participant's physician, indicating the participant is in good health and able to exercise a minimum of 30 minutes, three times per week or more (cleared from AAI).
3. Independently participate in a GiGi University interview
4. Accepted candidates will be notified approximately one month prior to the start of the program.

GiGi University is located at GiGi's Playhouse- National Achievement Center, located at 2350 W. Higgins Rd., Hoffman Estates, IL 60169. For additional information, please visit our website at <http://gigisplayhouse.org/gigi-u> OR contact us at 847-885-6149 or GiGiUniversity@gigisplayhouse.org.



Down Syndrome Achievement Centers
educate. inspire. believe.





Hugs + Mugs is a unique retail storefront, operated by adults with Down syndrome. The goal of Hugs + Mugs is to provide a live business setting where adults can apply critical skills learned in the GiGi University Program, gain experience with multiple trades and gain valuable career experience to prepare for future employment. Unlike conventional training programs, Hugs + Mugs is focused on our intern's creativity, personality, and interests, as well as their diverse skill set. Hugs + Mugs brings the ability of adults with Down syndrome, their names and faces to the forefront. Where it should be!

Each Hugs + Mugs student has the opportunity to learn a variety of career skills, including:

Customer Service

Graphic Design

Screen Printing

Merchandising and Packaging

Sales

Administrative work

Manufacturing

Cooking and Baking

Retail Operations and Maintenance

Staff Training and Development

Training Program Schedule (Approximately 15 weeks):

Begins at the conclusion of the GiGi University Program

Interns are assigned two to three shifts per week (approximately 10-18 hours per week)

Proposed Store hours:

Wednesdays 12:00- 8:00pm

Thursdays 12:00- 8:00pm

Fridays 12:00- 6:00pm

Saturdays 12:00- 6:00pm

Sundays 12:00- 6:00pm

Upon completion of the Hugs + Mugs Training Program:

It is our goal to motivate all of our students to complete their career training at Hugs + Mugs and then move on to paid employment within the community. For adults who are not ready or able to take on paid employment at the conclusion of the Training Program, both GiGi University and Hugs + Mugs are designed to provide opportunities to build and enhance life skills, explore special interest, and build long lasting friendships and social circles.

Hugs + Mugs is located at GiGi's Playhouse- National Achievement Center, located at 2350 W. Higgins Rd., Hoffman Estates, IL 60169. For additional information, please visit our website at <http://gigisplayhouse.org/hugs-and-mugs> OR contact us at 847-885-6149 or HugsandMugs@gigisplayhouse.org.



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