

*Choosing Autonomy Today!*



# Center for Adult Transition

***Learning for Life***

*Programs designed for young adults 18+ with  
intellectual and developmental disabilities.*



**BROOKDALE**  
COMMUNITY COLLEGE



SPRING 2025



# CENTER FOR ADULT TRANSITION

# Meet Our Team



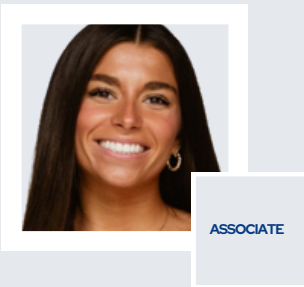
## Erin Stewart-DeLuca

*Working at the Center gives me such a sense of purpose and joy. They call me the "Queen of Sabotage" since I incorporate "snags in the road" as real-life teaching opportunities. My goal is that they gain the confidence to believe they can do it - whatever it may be! Mostly, I love being their cheerleader, saboteur, mentor and safe place to fall as they learn to be responsible, more independent and contributing adults of society.*



## Michelle Caswell

*I am so thankful to be part of this truly amazing program! In the few short months I have worked at the Center, I have seen the students overcome challenges and achieve so many of their goals, all while having fun! It is so rewarding to contribute to something that is truly making a difference in their lives!*



## Ashley Benyola

*The Center provides amazing opportunities to students who may have been overlooked in the past. I feel so much gratitude to have a front row seat in watching these students create their futures and become more independent. Each and every one of them are really special and never fail to put a smile on my face! I'm beyond proud to be a part of this program and to get every student one step closer to where they want to be!*



## Katie Poss

*Working at the center enables me to contribute and support the neurodiverse community in ways I never imagined, both personally and professionally. Whether working directly with students, engaging with parents, or building community connections, I love what I do! I'm excited about the future of the Center and all our students will achieve with the help of our dedicated staff.*



## Noreen Kane

*What a privilege it is to work alongside such a genuine, intelligent, and generous group of devoted women. Their unwavering commitment to fostering positive change inspires me every day as I get to witness the personal growth of our students and the joy they find in their achievements. This experience is an incredible honor, and it couldn't be more meaningful!*



And so, another year of possibility begins!

*Here at the center, 2025 brings more than the usual excitement and promise associated with January 1st. With the launch of our newly renovated space, we eagerly welcome our students into their new home on Brookdale's campus.*

*The Center for Adult Transition at Brookdale is committed to fostering an inclusive and supportive setting where every student can thrive. Our programs are thoughtfully crafted to create a learning environment that empowers students to approach the future with confidence, resilience, and independence.*

*Establishment of the Center for Adult Transition at Brookdale is possible in partnership with the Office of the Secretary of Higher Education through funding provided by the "County College-Based Centers for Adult Transition Grant."*

## IMPORTANT INFORMATION

### How To Register

#### Payment Options

For **Private Pay** call 732-224-2315

For **DDD** funds complete and submit the [registration form](#) and a Brookdale representative will email you to start the registration process.

**Class size is limited so don't delay. Register today!**

### Student Conduct Guidelines

To ensure that all participants enjoy the most fulfilling learning experience, all students are expected to adhere to the following criteria:

- Maintain appropriate social and emotional behavior in the classroom
- Demonstrate the ability to manage personal hygiene
- Be capable of self-administering medication (if necessary)
- Not require one-on-one assistance

Students who fail to meet these expectations may be asked to withdraw from the class.



## HORTICULTURE

*He who plants a garden plants happiness -  
Chinese Proverb*

*Join certified horticulturist Molly Gearty to discover the benefits of gardening. Nurturing seeds into thriving plants fosters pride and independence.*

## Floral Design

Celebrate spring with flowers! Develop creative skills, build confidence and enjoy the satisfaction of taking home your beautiful floral arrangements after each class. Experience a supportive fun environment promoting individuality and imagination while learning the fundamentals of floral design. **4 Weeks**

**Thurs, April 3 - 24**  
**6:30 - 8:30 pm \$239**

## Summer in the Garden

Dig into our new raised bed garden. Engage in a hands-on learning experience growing, nurturing, and harvesting both food and flowers. Gain essential gardening skills, explore the fascinating web of life in our natural world, and embrace the simple joy of growing fresh organic food. We'll gather the fruits of our labor and take home freshly picked produce.

**12 Weeks**

**Sat, May 31 - Aug 23**  
**No class 7/5**  
**10 am - noon \$599**



# THE ARTS

*I make art when I can't gather the words to say. -  
Nikki Rowe*

*Experience how art enhances self-confidence reduces anxiety, and improves communication skills in a fun, friendly environment where you can freely express your true self.*



## Music



Join Amanda Conti, a board-certified music therapist from Over the Rainbow Music Therapy LLC, to connect with others, express yourself, and work toward personal goals. Engage in activities such as songwriting, playing instruments, movement, and more. Don't miss this opportunity to enhance social skills, make new friends, and create music together.

**Tues, Mar 4, 6:30 - 8 pm \$49**  
**Tues, Apr 1, 6:30 - 8 pm \$49**

## Art

Join Meghan Arminas, LAC, ATR-P, NCC for an inspiring Saturday morning filled with relaxation, rejuvenation, and creativity!

### The Inner & Outer Me

Experience the empowering process of creating your own mask for self-reflection and expression. You'll explore your valued traits and the contrast between your external perception and internal feelings. The mask-making will be followed by a supportive discussion to share thoughts and insights.

**Sat, Feb 22**  
**11 am - 12:30 pm \$55**

### Mindful Mandala

Explore the history and significance of mandalas, which means "whole world" in Sanskrit, as tools for healing and self-expression. Start with meditation and a warm-up to enhance creativity. Creating a circular design with colors, shapes, and symbols helps connect with your inner self, leading to personal insights and increased confidence, culminating in a sharing session.

**Sat, Mar 1**  
**11 am - 12:30 pm \$55**

*Stay Connected!*  
*Follow us on Social Media*





# DIGITAL ARTS

*Presented by Black Rocket Productions*

*Black Rocket programs promote each student's inherent creativity, aiming to inspire, empower, and challenge. By harnessing their natural imagination, they provide a dynamic, hands-on learning experience bringing ideas to life.*

## YouTube Content Creators

Find your voice and leave your mark on the world! Explore the variety of content and personalities on YouTube and how to find your own niche. Learn the Dos and Don'ts and how to practice good digital citizenship. Develop your on-camera presence, channel branding, and professional editing skills. Take home a plan for launching your own channel.

**Sat, May 3 & 10**  
**9:30 am - 12:30 pm \$239**



## FITNESS

*Build confidence, strengthen muscles, enhance heart health, and boost your mood with this fun fitness program by certified trainers from Limitless Adaptive Fitness.*

### Warm Up, Work Out, Cool Down

Start each class with a friendly communication circle and an engaging stretching routine. Warm up with movement and music, alternating between running and walking. Incorporate free weights or rotating fitness stations, and sometimes add in freeze dance. Conclude with calming stretches or yoga while listening to positive affirmations and forming a gratitude circle. Reward yourself by creating delicious and nutritious smoothies following the last class.

**4 Weeks**

**Wed, Jul 9 - 30**  
**6:30 - 7:30 pm \$379**



## Caroline Huber Holistic Wellness Center

The Caroline Huber Holistic Wellness Center operates from **Monday to Friday, 8:30 am – 5 pm** and is located on the campus of Brookdale Community College. The center's primary emphasis is on promoting overall well-being. It offers a wide range of programs and services that cater to spirituality, physical health, mental health, social relationships, and intellectual development. These services are accessible to Brookdale students, employees, and members of the community.

**For more information Call 732-224-2800**



## Love what's happening at the Center? Show your love by lending your support!

Your generosity can help us sustain and expand transformative programming for young adults in our community with intellectual and developmental disabilities.



[Make a Contribution Today!](#)





# CULINARY

## What's Cooking at the Center?

### Creative Hands-On Cooking Classes

*Join Chef Anthony Spaziano and discover the joy of creating culinary delights - from scratch to finish!*



#### Valentine Day Treats

It's all in the love - the main ingredient in these sweet treats. Make fresh sugar cookie dough, fill with raspberry preserves, cut into heart shapes and dust with sugar.

**Tues, Feb 11**  
**6:15 - 8:15 pm \$119**



#### Basic Breakfast Prep

Rise & Shine! Learn how to make a basic egg omelet using the proper types of equipment and pairing proteins and side dishes.

**Tues, March 11**  
**6:15 - 8:15 pm \$119**



#### Sunday Morning Delights

Surprise family and friends with an impressive start to their day. Learn to make stuffed french toast, crepes and breakfast smoothies.

**Tues, April 8**  
**6:15 - 8:15 pm \$119**



#### Tailgating with Italian Paninis

Turn outdoor events into a fun and tasty gathering. Learn how to assemble a cheesesteak hoagie and how to prep and press an authentic, rustic Italian Panini.

**Tues, May 13**  
**6:15 - 8:15 pm \$119**

**Whip up your confidence and discover your inner chef! Impress family and friends - most importantly, impress yourself!**

Learning to cook offers the perfect recipe for taking your life skills to the next level. Not only does it enhance organizational skills, decision making and how to follow directions, it provides a satisfying and delicious reward for achieving a goal.

Classes are held in the Center for Adult Transition's brand new commercial kitchen and are designed for young adults age 18+ with developmental and intellectual disabilities.

**Class size is limited - sign up today!**



# COME OUT & PLAY

*Play is our brain's favorite way of learning.*

*- D. Ackerman*

## BINGO

Kick off your weekend with an evening of fun, friends and prizes!

**Fri, Feb 21, Mar 21, May 16, Jun 20**

**6:15 - 8:15 pm**

**\$25 per night, includes light refreshments\***

## Karaoke

Let the party begin! Come sing out loud and proud with friends.

**Fri, Mar 14, Apr 11, May 23**

**6:15 - 8:15 pm**

**\$25 per night, includes light refreshments\***

## Game Night

Get together with friends for a night of snacking, laughing and playing games - old favorites & new.

**Tues, Apr 29 & May 20**

**6:15 - 8:15 pm**

**\$25 per night, includes light refreshments\***



# Money Matters For Parents & Guardians

## Special Needs Financial Planning

*Ian Kansky, CExp™, wealth management advisor*

Gain valuable information on creating inclusive and supportive financial plans that empower families and individuals with special needs to thrive. Join Ian for an exploration of three critical components of special needs financial planning: Financial, Trust & Estate and Government Benefits.

**Wed, Apr 30**

**6:15 - 7:45 pm \$15, includes coffee/tea\***

## NJ ABLE Info Session

*Cristine Chickadel, NJ ABLE program representative*

There's no limit to what people with disabilities can do. Now, that includes saving, too. With NJ ABLE, you can save for qualified disability expenses without losing your eligibility for certain assistance programs, like SSI and Medicaid. Come learn more about this important financial tool.

**Thurs, Mar 13**

**6 - 7 pm, no fee but registration required\***

**Private pay only. Call 732-224-2315 to register.\***



# Center for Adult Transition

## Two Year Certificate Program

Tuesdays & Thursdays, 9:30 am - 2:30 pm

*(open to students with intellectual and developmental disabilities, ages 18-24)*



### YEAR ONE - Laying the Groundwork

Build a foundation for the next steps toward autonomy and independent living. Areas of Study focus on Life Skills & Career Exploration.

### YEAR TWO - Building a Future

Based on an assessment of interests, abilities, and goals; students will prepare to step onto one of three pathways to success: Continued Education, Employment, and Community Life Engagement.

[Visit](#) our web page for details and application process information. Questions? Email [cpss@brookdalecc.edu](mailto:cpss@brookdalecc.edu)

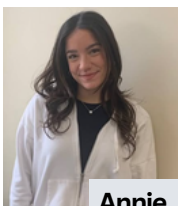
## Academic Access Program - ACAD

The Academic Access Program offers classes for any student who:

- Has anxiety about college
- Wants extra support & guidance
- Had an IEP or 504 Plan in high school

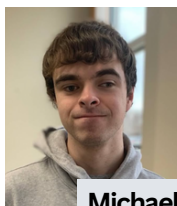
Questions? Contact Laura Kirkwood

732-224-2989, [lkirkwood@brookdalecc.edu](mailto:lkirkwood@brookdalecc.edu)



Annie

“ACAD has helped me set new routines for myself and stay organized with all my schoolwork.”



Michael

“ACAD has helped me become more independent with my studies.”



Parlin

“ACAD has made it possible for me complete classes that I would otherwise have failed.”



# CENTER FOR ADULT TRANSITION OPEN HOUSE

**SAT, FEB 22 - 1-3 PM**

*Adminstrated by the New Jersey Office of the Secretary of Higher Education (OSHE) through funding provided by the "County College-Based Centers for Adult Transition Grant."*

- ✓ Hydroponics System & Outdoor Garden
- ✓ Commercial Kitchen
- ✓ High Tech Classroom & Lounge
- ✓ Meet Students, Teachers & Staff
- ✓ Tour the Campus



We can't wait to see you on campus!



[Visit Our Web Page](#)



**BROOKDALE**  
COMMUNITY COLLEGE

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