



DAY PROGRAMS - CO

Discover new opportunities

Build connections and enjoy each day.

Finding opportunities to learn, connect and thrive is essential to living a fulfilling life. AbleLight's Day Programs provide people with developmental disabilities a vibrant and supportive environment where they can build skills, explore their community, and form meaningful relationships, all while having fun.

What are Day Programs?

AbleLight's Day Programs serves as a bridge to the community, helping individuals gain independence, confidence, and joy through engaging activities, skill-building, and social connections. Each individual has a personalized plan designed to support their unique goals, ensuring that they get the most out of their experience.

Our Day Program Activities include:

- ✓ **Skill Development** – Daily living, technology, and vocational skills
- ✓ **Cultural and educational programing** – Exploring new ideas, arts, and experiences
- ✓ **Exercise and recreation** – Sports, group fitness, and outdoor activities
- ✓ **Volunteering** – Giving back to the community while building confidence
- ✓ **Self-advocacy** – Gaining independence and learning to speak up for personal needs
- ✓ **Technology learning** – Developing fluency with computers, tablets, and communication tools

Why are Day Programs Important?

Without access to engaging activities, people with developmental disabilities often face isolation and limited opportunities. Learning through experience is essential to growth, confidence, and independence. By fostering community involvement, personal growth, and a sense of purpose, day programs help individuals gain meaningful connections and thrive in everyday life.



AbleLight

Illuminating Abilities, Brightening Communities

AbleLight is a nonprofit, national leader in providing life-changing services that empower people with developmental disabilities to thrive. Guided by Christian love and a 120+ year commitment to our mission, we provide individualized support that promotes independence and inclusion, enabling people to flourish in their communities. AbleLight's programs ensure safe housing, reduce isolation, support employment goals, and promote health and wellness.

To learn more,
scan the code
or visit

AbleLight.org/DayProgram



Why Choose AbleLight Day Programs?



AbleLight goes beyond traditional programming. Whether it's a trip to the zoo practicing navigation skills, a craft project that improves fine motor skills, or volunteering in the community, our program is designed to help individuals flourish.

At AbleLight, we believe day programs should be a place of learning, opportunity and personal growth.

— **Benefits** of AbleLight Day Programs in Colorado: —

- ✓ **Engaging and Purposeful** – We combine learning with real-world experience, ensuring every activity is an engaging opportunity for growth.
- ✓ **Focus on choice, inclusion, and personal growth** – participants take the lead in shaping their experience to live more independent, connected lives.
- ✓ **Hands-on, community experiences** - Opportunities to go into the community, meet new people, and explore new places, offering hands-on learning that helps individuals build important life skills.

Ready to experience the difference with AbleLight's Day Programs in Colorado?

Contact us today to discover how the AbleLight Day Programs can make a difference for you. Together, we can build a brighter future filled with love, security, and thriving connections. We have Day Program locations in Colorado Springs, Englewood, Grand Junction, and Fort Collins.

📞 **Fort Collins** | (970) 372-5293

📞 **Colorado Springs** | (719) 272-4000

📞 **Englewood** | (303) 222-7122

📞 **Grand Junction** | (970) 985-1861

For more program details, scan the QR code or visit our website AbleLight.org/DayPrograms for more information.

