

# The 4 L's\*

\*Life, Learning, Laughter, Love

## **A Day Camp and Activity Program for Young People with Special Needs**

- \* **Day, Evening and Weekend Activities in East Mesa**
- \* **Staffed by professional educators and care providers**
- \* **Created by a special education teacher who is also the parent of a daughter with multiple disabilities**
- \* **Our goal: to provide an excellent program that kids love and parents trust**

*\*Day Program for Ages 21+\**

*\*Thursday Spa Nights\*      \*Pizza and Movie Nights\**

*\*Saturday Arts Camps\*      \*BBQ and Music Nights\**

**visit [www.LarasHouse.org](http://www.LarasHouse.org) or call 480.984.5272**

**You may also register online at [www.larashouse.org](http://www.larashouse.org)**

# \* 4 L's Activity Program \*

*for young people with special needs*

## **What is the 4 L's Activity Program?**

4 L's Activity Program provides a regular schedule of activities, day camps and special events designed especially for young people with special needs. The program offers many different options and kinds of activities, but all provide a safe, loving place to learn, grow and have fun. Please see the "Descriptions" page for detailed program information.

Our mission includes support for the entire family, so activities are offered both day and evening, allowing parents a break from caregiving and a time to take care of themselves, while knowing their child is in a safe, enjoyable place.

## **What kinds of activities are offered?**

A multi-faceted day camp is offered on weekdays, and various evening and weekend events are also available. Programs include arts, life skills, music, cooking, games, service projects, gardening, outdoor activities, social fun and more. Activities are designed for a wide range of abilities and interests, and are individualized to each participant.

## **What are the costs of the programs?**

Fees vary depending on the nature and length of the programs, but most are in the range of \$8 – 10/hour, including materials and meals.

## **Where do the programs take place?**

At this time, all programs are offered at "Lara's House", a large private home on acreage in east Mesa designed especially for people with special needs. The home provides optimum space and amenities to accommodate classes and activities for up to 8 participants for day and evening programs and up to 5 overnight guests. Lara's House will eventually become a permanent residence for up to 5 young women with disabilities.

## **Who provides the programs?**

All events, activities and programs are created and staffed by **Beacon Family Services**, a company with a mission to provide services and support to persons with special needs, their families, caregivers and community. Beacon is the vision of JoAnne Nelson-Metzger, mom of a daughter with multiple disabilities who is also a life long educator. All program leaders and support staff are either state certified special education teachers or school district educational assistants, or state licensed care providers.

## **Who is eligible to be a part of the 4 L's Program?**

All young people with special needs (ages 10 and up) are welcome. The programs are individualized so all may participate as they are able.

*Important note:* We are unable to accommodate the needs of persons who exhibit aggressive or dangerous behavior toward themselves or others. An initial application and phone interview is required for all participants.

## \*Activities/Camp Descriptions\*

**4-L's Day Program for Ages 21+**      2, 3 or 4 days/week      10:00a – 3:00p

Come spend the day living, learning and laughing. Explore a variety of activities, ranging from gardening, cooking, practical life skills, service projects, arts and crafts, group games, music, and more, all tailored to your interests and abilities. Extended hours available: 7:00 – 10:00am; 3:00 – 6:00pm.

Daily Fee: \$40, includes lunch and materials      Extended hours: 7-10a, and 3-6p: \$6/hr

The Day Program is open to all ages in the summer months when school is out of session. For those in a summer school morning program, an afternoon program from 12 – 3pm is available for a daily rate of \$24.

**Spa Night** (*ladies only, please!*)      Thursday evenings 4:00 – 9:00p

Come for an evening of pampering and fun! After a delicious and healthy dinner that we prepare together, choose from a “spa” menu that includes an aromatherapy whirlpool bath or shower, foot massage, manicure & pedicure, shampoo and hair care, sparkling tooth brushing, and your choice of a favorite essential oil. Bring your jammies if you wish and you’ll be all ready for a good night’s sleep when you go home!      Limit: 6 participants

Fee: \$45, includes dinner

**Pizza and Movie Night**      Friday evenings 4:00 – 9:00/11:00p

Join your friends making healthy pizzas and smoothies for a fun and yummy dinner, then enjoy an evening of entertainment with a lively musical movie and some music of our own!

Pick-up time is 9:00 or 11:00pm.      Limit: 8 participants

Fee: 4 – 9pm \$45, includes dinner      4 – 11pm \$60

**Creativity Camp**      Saturday 10:00a – 3:00p

Come spend the day being creative! We’ll have various arts and crafts projects, fun lunch-making activities, gardening fun, and once a month our creativity camp will become a service camp when we do projects that will help others. If you wish, you can stay into the evening for BBQ and Campfire.      Limit: 8 participants.

Fee: \$45, includes lunch and materials

*BBQ and Music Night*

Saturday 4:00 – 9:00p/11:00p

Saturday night is BBQ night! We'll have a choice of burgers, chicken, vegi burgers or hot dogs on the BBQ, salads, chips, and other BBQ favorites. After dinner we'll sing songs and have s'mores!

Limit: 8 participants.

Fee: \$45 (4 – 9p) \$60 (4 – 11:00p), includes dinner

Full day (includes Creativity Camp and BBQ) 10a – 11:00pm Fee: \$120

*Sleep-over Add-on*

Friday or Saturday overnight

Make the fun last even longer with a sleep-over after Friday or Saturday activities. Stay the night and have a delicious breakfast in the morning. Pick up time: 9:30a

Limit: 4 participants (female only)

Fee: \$100

*Full weekend, includes all activities*

Friday 4:00 – Sunday 3:00p

Fee: \$425

*Registration and Special Welcome Discount:*

There is a one-time registration fee of \$25.

“Welcome” discount: Your first activity is half off the regular fee.

For more information and registration:

480.984.LARA (5272)

[www.LarasHouse.org](http://www.LarasHouse.org)

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## APPLICATION FOR ENROLLMENT

*If new participant, please complete the following. If returning participant, only page 2 is necessary.*

**Participant Name:** \_\_\_\_\_ **Birthdate** \_\_\_\_\_

**Brief description of Special Need/Disability:**

**What's the most important things we need to know about the applicant so we can provide a positive experience for him/her? Likes/dislikes, communication style, how to soothe if upset, etc. What is most important to you regarding what this program can give the applicant?**

Person completing form and relationship to participant: \_\_\_\_\_

Best phone contact number: \_\_\_\_\_ Alternate phone \_\_\_\_\_

Email: \_\_\_\_\_ Other contact: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

**Describe programs desired on back. Total fees and send with your check or credit card information. You may also register online at the Lara's House website: [www.larashouse.org](http://www.larashouse.org) or by phone 480.984.5272. We will contact you before the program begins to answer any questions or gather any other necessary information. We're looking forward to it!**