

Who We Are

The Friendship Grill Life Skills & Job Training site is located in the heart of downtown Fort Lauderdale. Our location allows us to connect with our community and local businesses in the area. Our purpose is to instill confidence, independence and self-regulation skills, and to help our adults find gainful employment.




Eligibility

Our program is for Adults 20+ with developmental disabilities. Participants must come with an open mind & willingness to participate, be independent with self-care restroom needs, no known elopement issues & be respectful to those around them. The program runs Monday - Friday from 9:00 AM - 3:00 PM throughout the school year.




For more info:

Visit www.FriendshipFL.org

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Friendship Grill

Daily Life Skills & Job Training Program

The Life Skills & Job Training Program was created with the goal to provide our Adults with special needs an immersive, real-world environment where they can practice critical life skills to achieve independence, social emotional adeptness, and of course crucial job skills. Our Adults gain self-confidence, a sense of belonging & personal purpose!

Independent Living



Health & Safety

This encompasses significant topics such as personal hygiene & grooming, dental care, fire safety, emergency protocols, weather safety, and much more.

Finances & Math Computation

This covers a variety of important skills such as money math, wants vs. needs, using a credit card, cashing checks, opening a bank account, as well as how to apply for a job, read a pay stub, and the importance of saving money!



Reading and Penmanship

Our participants build on reading literacy & comprehension skills through short stories & books and build writing skills such as sentence structure, punctuation and handwriting.

Housekeeping

Participants build independence by learning daily living skills such as bed making & laundry, washing dishes, cleaning the bathroom & other household tasks.



Job Training

Shop Front Skills Training

Participants get on-the-job training in the Friendship Grill. This includes everything such as food preparation, stocking shelves, taking orders, cleaning the shop front, greeting customers & running the cash register.

Technology

Participants master computer basics, learn to research jobs, build resumes, & more.

Baking & Cooking

Participants work together to create fun & delicious recipes while learning how to make healthy food choices. We work on everything from cutting skills, to accurate measurements and more!



Group Mentoring:

Mentors from the community come & speak with our young adults to inspire them to grow & work towards their dreams! In addition, our students are given the opportunity to visit a variety of businesses in the community to get hands-on training and learn about the different businesses.



Social Emotional Learning

Social Skill Development

We cover a wide variety of social skills from building appropriate interpersonal relationships & people skills, how to effectively communicate with others, mental and emotional health, as well as self-advocacy & self-regulation.

Wellness

Participants build on wellness techniques such as coping mechanisms and self-talk through practices like weekly yoga and meditation.



Art

Participants discover their inner talents with self expression weekly through a variety of fun & creative art activities.



Music & Movement

Students are able to express themselves weekly through music with wonderful opportunities such as drum circle, Zumba, dance & our very own Harmonicats Band!

