



Creating Choices for Individuals with Intellectual and Developmental Disabilities

## NORTH TEXAS SNAP MEMBERSHIP

North Texas SNAP is dedicated to creating and supporting a variety of programs and services for individuals 17 and older living with intellectual and developmental disabilities. Our members' unique needs and personal potential are guiding factors as we develop activities and programs, providing a positive and caring environment where friendships are nurtured and life skills are developed.

### North Texas SNAP Family Membership

Your annual (January - December) membership fee of \$45 (per family) includes the member with a disability and the individuals residing in the same household.

### North Texas SNAP Program Benefits

#### Ambassador Club

North Texas SNAP Ambassador's Club meets on the 3rd Monday of each month at the SNAP office 6:30 p.m. - 8:00 p.m. to develop member's social skills, greeting and hosting abilities, public-speaking skills and confidence while representing North Texas SNAP in the community at chamber of commerce and community events, expos, speaking engagements, fundraisers and with new and prospective members. ***This program is offered at not cost to Members. There is an initial fee of \$7 for the ambassador name badge. (\$10 for non-members).***

#### Book Club

North Texas SNAP Book Club is for SNAP Members who enjoy reading and can read at an 8th grade level or above, connecting members through the love of books. The book club meets on the 4th Tuesday of each month at Panera Bread in Hurst 6:30 p.m. - 8:30 p.m. to creating an opportunity to share your favorite books, discover new ones, discuss the books respectfully and appropriately with others, discover new perspectives and understand different opinions as well as develop new friendships and enjoy time with the old ones. ***This program is offered at not cost to Members. (\$10 for non-members).***

#### Expanded Living Program

North Texas SNAP's Expanded Living Program is, currently, a one year, fee-based program that is highly structured and individualized for people with a mild or moderate intellectual and developmental disability, who wish to develop the skills and confidence to live life more independently (being able to do more for themselves, know how to go about solving problems, know what to do in emergencies, know how to speak up for themselves and how to make more personal decisions for themselves).

#### Members of SNAP must apply for the program, if accepted, the program includes:

1. An introductory seminar, interview and general assessment.
2. Interactive workshops for the participants and separate workshops for their families. (6 months of weekly/ workshops)
3. One-on-one individualized training/coaching based on the participant's specific needs. (6 months of training/ coaching)

The goal of this program is to provide participants with the tools and training to live a healthier lifestyle, safely, more confidently and with greater independence.



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## NORTH TEXAS SNAP MEMBERSHIP CONT

### Girls' Night Out

Girls' Night Out meets the 4th Monday of each month at the SNAP office 6:30 p.m - 8:30 p.m. providing North Texas SNAP's female members with information regarding issues unique to women such as self-advocacy, financial independence, women's health and healthy self-image, while offering them a positive upbeat environment where they can have fun as well as develop and maintain deeper friendships. ***This program is offered at not cost to Members (\$10 for non-members).***

### J.O.B.S. Club

Just Our Business Support (J.O.B.S.) Club meets the 1st Monday of each month at the SNAP office 6:30 p.m. - 8:30 p.m. allowing members to share their work experiences, success stories, discuss job related issues and develop the skills to succeed in the workplace including mock interviews, resume building and job search. Guest speakers from local businesses regularly attend to share with the group. ***This program is offered at not cost to Members (\$10 for non-members).***

### Men's Club

North Texas SNAP Men's Club meets the 4th Friday of each month at the SNAP office 6:30 p.m. - 8:30 p.m. providing male members with information regarding issues unique to men such as self-reliance, financial independence, men's health, collaboration and citizenship while offering them a group in which they can have fun, develop meaningful friendships and focus on issues of interest through positive role models from the community. ***This program is offered at \$5 (pizza, cookies and drinks), \$10 for non-members.***

### Project Neighbor

The Project Neighbor Program was developed to assist individuals who have a mild or moderate intellectual or developmental disability who wish to live more independently. Project Neighbor enables participants to safely and successfully enjoy the rights, privileges and responsibilities like their peers living without disabilities, promoting an environment of support from their families, North Texas SNAP and the community in which they live. ***This program is a fee based program (North Texas SNAP subsidizes this program).***

### Social Activities

North Texas SNAP's Social Program provides members with opportunities to form friendships and fill the void of isolation that is often experienced by individuals with intellectual and developmental disabilities. SNAP Members enjoy a variety of social activities each month including supper club, bowling, movies, dances and other planned activities. In addition, SNAP members are encouraged to volunteer their time to community service projects within the community such as food drives and other opportunities organized by North Texas SNAP. The more experiences our members have within the safety of the group, the more likely they are to try new ventures. ***These activities are fee based.***

### Transportation

North Texas SNAP's Transportation Program provides members greater individual freedom by providing low-cost taxi vouchers through Yellow Cab. This program is possible through corporate or private grant funding and individual donations, providing members with much-needed transportation to work, school, social activities, doctor appointments and general travel in the areas served. ***This program provides low-cost vouchers (\$10 one-way) for North Texas SNAP Members. If interested in more information, please contact Brandy Schimmel 817-545-9456.***



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## NORTH TEXAS SNAP MEMBERSHIP CONT

### **Workforce Internship Program**

North Texas SNAP's Workforce Internship Program was developed to help prepare members for employment through volunteer internships and paid employment with local employers. Our Program Director matches members with employers and serves as a liaison between the member and employer creating a rewarding experience for both parties. ***This program is offered at not cost to Members (\$10 for non-members).***

### **Workshops**

North Texas SNAP workshops promote individualized continual learning through weekly workshops focus on wide range of practical topics that help our members improve or learn a new skill including personal development, relationship building and money management (available at an additional cost). ***The cost is \$25 for Members.***

## **Social and Recreational Activities**

### ***Bowling***

North Texas SNAP facilitates this monthly (September – May) activity providing members an opportunity to socialize with their SNAP friends. ***There is a minimal cost of \$5 for SNAP Members (\$10 for non-members).***

### ***Community projects***

These projects are facilitated by North Texas SNAP offering members an opportunity to make a difference in the community in which they live.

**Halloween Party - *This program is offered at not cost to Members (\$10 for non-members).***

### ***Movie Club***

North Texas SNAP facilitates this monthly activity providing members an opportunity to socialize with their SNAP friends. ***Members are responsible for the cost of the movie and concession treats.***

### ***Quarterly Birthday Party***

North Texas SNAP facilitates this quarterly activity for Members at no cost to celebrate birthdays within our Membership. *Part es are scheduled for March, June, August and November (celebrates December), \$10 for non-members (guests).*

**Spring Dance and Christmas Dance - *This activity is offered at \$5 for Members (\$10 for non-members).***

### ***Supper Club***

North Texas SNAP facilitates this monthly activity providing members an opportunity to socialize with their SNAP friends. ***Members are responsible for the cost of their meal.***

## **SAVE-THE-DATE**

**Golf Classic** - April 30, 2018 at Iron Horse Golf Course NRH

**Boots & Bling Casino Night** - September 29, 2018 at the Hurst Conference Center