



OPPORTUNITY  
DEVELOPMENT  
CENTERS, INC.

# VIRTUAL Services

"The classes I've attended have been so much fun. My favorite class has been learning about the different species of different places and animals."  
- Alyssa O.

"I really like being able to see my staff from ODC and talk to everyone because it helps my day go by so much nicer."  
- Kelly H.

## COURSE DATES: APRIL 19 - MAY 28, 2021

**Courses meet the same time and day of the week.**

You may choose as many courses as you'd like. All virtual courses need approval from funding source prior to starting classes. If interested in the courses, please complete the registration/referral form and email to Carla Czarny at [cczarny@odcinc.com](mailto:cczarny@odcinc.com). Questions call Carla at 715-818-6491.

### MEDIA MONDAY

Mondays | 10:30 - 11:30 am

Discuss how to use technology and safety on the internet. Explore Google Hangouts, Instagram, Facebook and discuss making friends and building a social network. My Technology Handbook by Self Advocates Becoming Empowered (SABE) will be referenced. | Outcomes: Increased understanding of technology and safety on the internet

### HEALTHY LIFESTYLE

Tuesdays | 10:30 - 11:30 am

Explore what it means to you to be healthy using a combination of fun exercises set to music. Work on strength, balance and range of motion along with learning about nutrition and how to make good food choices. | Outcomes: Increased awareness of what it means to be healthy

"It has been very interesting to do the virtual classes. I never used Zoom before, and now I have the confidence to do it. I really enjoyed being able to see people I know and new people."  
- Kevin B.

### HEALTHY RELATIONSHIPS & SEXUAL HEALTH EDUCATION

Tuesdays | 4:00 - 5:00 pm \*please note dates below

The first 6 weeks you will discuss the different types of relationships and the many roads to relationships including communication and decision making and being in a relationship. If you continue with course, the last 6 weeks will discuss caring for your body, sexual feelings, decision making about sex and challenges. You can sign up for the first 6 weeks (April 19 - May 28) or the full 12-week (April 19 - July 6) course. | Outcomes: Increased self-confidence, assertiveness and self-awareness

### MUSIC TRAVELS

Wednesdays | 10:30 - 11:30 am

Explore music through travel. Join this peer lead class on a virtual adventure to different areas throughout the world learning how other cultures include music in their lives. | Outcomes: Increased knowledge of the world and connecting with others



**FOR ODC USE ONLY:**

Remote Consent Signed

CRC Contacted

ODC Case Manager: \_\_\_\_\_

# Referral Form - Virtual Day Services

April 19 – May 28, 2021 COURSES

To register for the online virtual courses please check the box below to match the course you want to participate in and email to Carla at [cczarny@odcinc.com](mailto:cczarny@odcinc.com) or contact your case manager or Carla at ODC to assist you.

Name: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Social Security #: \_\_\_\_\_ Email Address \_\_\_\_\_

Guardian's Name: \_\_\_\_\_

Case Manager/RN \_\_\_\_\_ Phone number \_\_\_\_\_ Email \_\_\_\_\_

## Do you currently have access to technology and internet connection to participate in an online platform?

- Yes, what technology are you planning to use? \_\_\_\_\_
- No

## To register for the online virtual courses please check the box below to match the course or courses you want to participate in. All virtual courses need to be approved from funding source prior to starting classes.

**Media Monday**

Mondays | 10:30 – 11:30 am

**Healthy Lifestyle**

Tuesdays | 10:30 - 11:30 am

**Healthy Relationships & Sexual Health Education – 6 WEEK COURSE**

(April 19-May 28) - Tuesdays | 4:00 – 5:00 pm

**Healthy Relationships & Sexual Health Education – 12 WEEK COURSE**

(April 19-July 6) - Tuesdays | 4:00 – 5:00 pm

**Music Travels**

Wednesdays | 10:30 – 11:30 am

## Funding Source:

- Lakeland Care
- Inclusa

- IRIS
- Other, please list \_\_\_\_\_

I understand that by joining remote services, due to the provision of this being done via technology in an online platform (Zoom), there is a possibility that others could overhear this service provision. Video-based formats may also allow participants to record or obtain screenshots. I agree by taking remote services that I will not record or screenshot any participant. By reading and signing this release, I understand the risks of confidentiality and understand my rights and responsibilities as a participant and choose to participate in ODC remote services.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian Signature (if applicable) \_\_\_\_\_ Date \_\_\_\_\_

