

A specialized
 person-centered day
 program that integrates
 personal goals,
 measured growth,
 and individual interests.

The alternative
 to traditional
 day programs



Contact us!

408.781.4269

commu@ca-cco.org



22 Great Oaks Boulevard, Suite 100
 San Jose, CA 95119

CommUniversity is offered by

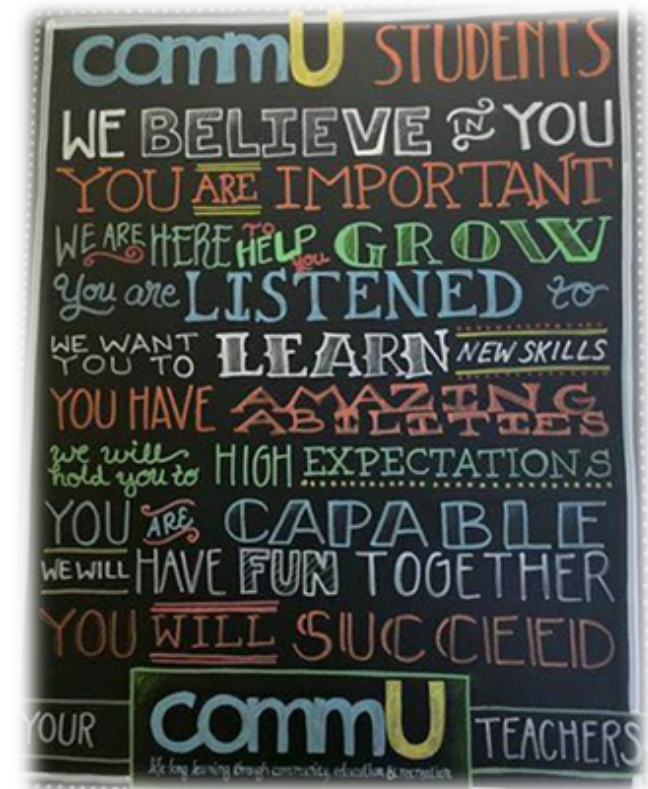


a nonprofit serving adults with intellectual
 and developmental disabilities in Northern California

California Community Opportunities



Day Program



www.ca-cco.org/day-services

A fresh, new approach to day services

A full weekly and daily schedule evolves on a quarterly basis, providing rich, dynamic, and customized learning experiences, including:

- Onsite academic and educational classes
- Onsite and offsite recreational and social clubs
- Community service and vocational opportunities



commU Mission

CommUniversity provides individuals with a wide range of intellectual disabilities opportunities to improve their functional literacy and enhance their quality of life.

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commU Principles

COMMUNITY: engagement in community and vocational activities

EDUCATION: formalized lesson plans and contextual learning

RECREATION: physical fitness, health, nutrition, and recreation



commU Benefits

- Enhanced quality of life
- New and strengthened skills
- Increased self-sufficiency and independence
- Improved physical fitness and increased awareness of proper diet, nutrition, and exercise
- Greater ability to socialize and interact with the general public
- Increased number of employees and volunteers contributing to the success and diversity of their communities
- Reduced stigma and real-world evidence of how we are all more alike than different

CommUniversity fosters greater self-sufficiency and independence through the process of hands-on learning



commU Features

- Multifaceted daily schedule, Monday–Friday, 10a–4p
- New classes and opportunities each quarter
- Person-centered scheduling
- Hands-on learning, balanced between classroom and community experiences
- Computer lab
- Sensory room
- ISP Teaching Resources
- Expression Room with guitars, piano, drums and technology
- Art room and kitchen
- Quarterly social gatherings with students, families, and staff