



## Training Toward Self Reliance Inc.

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Training Toward Self Reliance has been serving adults with Developmental Disabilities in the community for over 30 years. We teach vital independent living skills in the community as well as provide an onsite day program that acts as a daily community of socialization and learning for our participants. Most of our participants are low income, and are isolated during the holidays. We strive to provide events, meals and gifts to our participants during these months. Please help us achieve our goals by sponsoring a party, giving a donation, or donating your time. We appreciate anything that you can give. If you are interested in learning more please contact Katie Knittel at 916 465 8326 or [katie.knittel.ttsr@gmail.com](mailto:katie.knittel.ttsr@gmail.com)

Thank you!

*“It is the mission of TTSR to empower the persons we support to live self-reliant, independent and fulfilling lives. Motivating, teaching and supporting individuals and their families to learn the practical skills necessary to manage and overcome challenges and to succeed in every day life. Educating the community about ways to assist those with special needs. Advocating for the preservation and growth of services and programs that promote independence and safety for individuals and their families.”*

### Holiday Wish List

#### Items for holiday gift baskets or stockings:

Baskets or stockings

Toiletry/Hygiene supplies

Arts and Crafts supplies

Gifts cards

Healthy snacks

Candy

Electronics

Non perishable food items

Ornaments or small holiday themed gifts

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Pajamas

Hats/Gloves/Scarves/Slippers

Holiday wish list for overall organization:

Vehicles for community access

Tablets, laptops, or computer towers

Gift cards for participants in need this season

Small TVs for classrooms

Karaoke Machine

Computer towers

Office Supplies

Raffle/Bingo Prizes

Baking Supplies

Cookware

Board Games/Games

Sponsorship of holiday parties

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