



TRANSITION OPTIONS PROGRAM (TOPS)

“ADDRESSING LIFE’S ONGOING TRANSITIONS”



TOPS provides a supportive environment for students to:

- **Develop social skills**
- **Increase independence**
- **Develop interests**
- **Explore resources**
- **Participate in the community**
- **Create a social network of support while preparing for work or higher education.**

The Transition Options Program (TOPS) addresses the unique needs of adults with Autism Spectrum Disorder (ASD) and/or related disorders, who have received their high school diploma and are needing support to successfully transition to higher education, independent living and/or employment.

Four core areas of instruction:

- **Social Emotional Learning/ Executive Functioning Success**
- **Career Exploration and Preparation/College Success**
- **Independent Living Skills/ Social & Communications Skills**
- **Self-Advocacy/ Social Connections**

**Classes at Loma Vista Adult Center
Tuesday - Friday: 12:30pm – 4:30pm
On-site and Hybrid Classes Available.**

**Meetups in the community on
Alternating Fridays**

**For more information, contact Erik Estrada, Program Support/ Instructor
(925) 685-7340 ext. 67502 or email estradaej@mdusd.org**

PROGRAM MISSION- OUR MISSION IS TO FACILITATE AND SUPPORT THE DEVELOPMENT AND ACHIEVEMENT OF INDIVIDUAL, ACADEMIC, AND VOCATIONAL GOALS. EMPHASIS IS PLACED ON ACCEPTANCE AND AWARENESS OF PERSONAL STRENGTHS AND CHALLENGES, SELF-ADVOCACY, AND SELF-DETERMINATION.