



## Blue Heron Collective: Empowering ~ Inclusive~ Community Driven

### Program Descriptions:

**STEAM Pathways: Real World Readiness** is an inclusive, strengths-based program designed for ages **17+** that blends **STEAM concepts (Science, Technology, Engineering, Arts, and Math)** with essential real-world skills, creating meaningful pathways for participants to build independence, confidence, and readiness for adulthood.

Through **hands-on, interactive projects**, participants practice **time management, problem solving, teamwork, and clear communication** in supportive, real-life scenarios. Learners are encouraged to **explore their personal interests and strengths**, connect them to STEAM-related activities, and develop **transferable skills**. Sessions emphasize collaboration, flexibility, and practical decision-making while honoring diverse learning styles and access needs.

Participants will engage in **simulated real-world situations**—such as planning projects, managing tasks, working with peers, and reflecting on challenges and successes—while building self-awareness and confidence. STEAM Pathways: Real World Readiness supports participants in discovering how their unique abilities translate into valuable skills, all within an affirming and inclusive environment.

**Group Fitness Classes** are inclusive and designed for all ages and abilities. Participants will build **strength, boost energy** and **improve well-being** with guided workouts led by a certified personal trainer.

Participants will meet their personal **fitness goals** by participating in **inclusive and adaptable exercises**, led by a personal trainer to ensure safety. Individuals will build **strength, balance and flexibility**. They will be supported and held accountable by the group and build skills that **support daily living** like improving focus, attention and mental clarity.

Fitness classes are held in a fun motivating environment where participants will build confidence, explore healthy routines and have fun.

**Market Ready** is an inclusive, hands-on program designed for individuals ages 17 and up who are interested in turning their ideas, talents, and interests into marketable products. Participants will explore the full journey of preparing for and participating in a market or sales experience while building practical, transferable skills.

In this class, participants will create their own products and learn how to develop fair and realistic pricing by considering materials, time, and value. They will practice designing a welcoming, organized booth that reflects their personal style while being accessible and inviting to customers. Learners will build foundational money-handling skills, including basic sales transactions, cash safety, and responsible handling of earnings.

Beyond the market itself, **Market Ready** emphasizes essential skill building in time management, record keeping, communication, and organization. Participants will explore marketing and design concepts such as branding, signage, and simple promotional strategies. Reflection is built into the program, encouraging learners to think intentionally about what to do with earnings after making sales—such as saving, reinvesting, donating, or budgeting for future goals.

Through interactive projects, real-world practice, and supportive coaching, **Market Ready** helps participants build confidence and independence—at their own pace and in ways that honor individual strengths.

\*\*\*This class will lead to opportunities for participants to vend with us at the Rochester Public Market, other local Flea Markets and the Vendor Fair at Monroe 2 Boces on March 21st

**YouTube Star** is an inclusive, hands-on program designed for individuals ages 17 and up who are interested in creating and sharing digital content while building practical,

transferable skills. Participants will explore the full content creation process—from idea to upload—while learning how personal interests, strengths, and creativity can be transformed into engaging and purposeful videos.

In this class, learners will develop original digital content by brainstorming ideas, writing scripts, and planning videos using clear, step-by-step instruction. Participants will learn about the production process, including basic filming techniques, editing skills, and thoughtful pacing to support clear and concise communication. Self-reflection is a core component of the program, helping learners evaluate their work, identify growth areas, and build confidence in their voice and message.

**YouTube Star** also emphasizes essential executive functioning skills such as time management, organization, and follow-through. Participants will practice organizing content plans, managing deadlines, and refining communication for different audiences. Marketing and design concepts are introduced through channel branding, thumbnails, titles, and simple promotional strategies that support visibility and audience engagement.

Through interactive projects, guided instruction, and real-world practice, **YouTube Star** empowers participants to build digital literacy, self-awareness, and confidence—skills that are valuable for creative expression, employment pathways, and independent living in today's digital world.

**Social Media Safety** is an inclusive, skills-based program designed for individuals ages 17 and up to build confidence and awareness when navigating social media and online platforms. This class focuses on practical strategies for staying safe, protecting personal information, and making thoughtful choices in digital spaces.

Participants will learn to identify private and sensitive information and understand what is appropriate to share about themselves and others. The program emphasizes social awareness and digital boundaries, including how posts, comments, and messages can impact relationships, reputation, and future opportunities. Learners will explore account management skills such as privacy settings, passwords, and recognizing scams or unsafe interactions.

A key component of **Social Media Safety** is developing discernment when communicating with strangers, including how to recognize red flags, respond safely, and know when and how to seek support. Participants will also examine healthy technology use by reflecting on time spent online, building balance between screen time and daily responsibilities, and understanding the emotional impact of social media.

The class also addresses online safety skills such as identifying unsafe pop-ups, links, and shared files, and learning what to do when something doesn't feel right. Through guided discussion, real-world scenarios, and interactive activities, **Social Media Safety** supports participants in building digital confidence, self-protection skills, and responsible online habits that transfer to everyday life and work environments.

**Food Fit** is an inclusive, empowering program designed for individuals ages 17 and up to build confidence and understanding around food, nutrition, and personal wellness. This class focuses on helping participants unlock the mystery of food ingredients and how different foods support the body, energy levels, and overall well-being.

Participants will explore nutrition basics in an accessible way, including understanding ingredients, calories, serving sizes, and what makes a balanced meal. Hands-on learning includes food prepping skills, simple planning strategies, and practical tools that support independence in everyday life. Learners will also develop an understanding of hydration—why it matters, how much is needed, and how to build hydration habits that fit individual preferences and routines.

**Food Fit** emphasizes personalization and self-awareness. Participants will set individual goals based on their needs, interests, and lifestyles, and learn how to track progress in a supportive, non-judgmental way. Accountability and encouragement are built into the program through reflection, peer support, and guided coaching.

Through interactive activities, real-world practice, and flexible instruction, **Food Fit** supports participants in building sustainable habits, confidence, and skills that promote long-term health, independence, and self-advocacy—at a pace that honors each individual's strengths and goals.

**STEAM Lab Club – Power Hour** is an inclusive social skill-building club where creativity, collaboration, and connection come together. Using Blue Heron Collective's

STEAM Lab, participants engage in hands-on opportunities to build, create, tinker, and innovate while developing meaningful peer relationships.

Through collaborative STEAM challenges and open-ended projects, participants practice essential social skills such as active listening, reading non-verbal cues, sharing materials, negotiating ideas, and working through conflict. Problem-solving is woven throughout each session as learners navigate group decisions, troubleshoot designs, and adapt plans in real time.

All activities are grounded in authentic, real-world situations and are intentionally guided by skilled facilitators who provide modeling, and support as needed. Reflection and discussion help participants make connections between STEAM-based experiences and everyday social interactions at school, work, and in the community.

**STEAM Lab Club – Power Hour** offers a supportive environment where participants can build confidence, strengthen communication skills, and develop social awareness—while having fun exploring, experimenting, and creating together.