



*"Where hearts are bigger
than the hands that help"*

Helping Hands Day Program

Here at Helping Hands we have a wonderful Facility and Community based Day Program! We strive to promote growth and happiness within the individuals we serve. Promoting individuals independence is a passion of ours. We include building socialization skills, safety awareness, developing self esteem, and encouraging the use of life skills, Having fun is high on our priority list, too!

The day program includes a full kitchen where all individuals can learn the basic skills of preparing a meal. From writing a list for ingredients, shopping, cooking, and cleaning up after the meal, we try to incorporate it all. Wednesdays is typically our cooking day, please feel free to join us for this fun filled learning experience!

We also, have an arts and crafts area complete with supplies for any project your creative mind can conjure up! We always encourage everyone to pick an activity or project of your choice. Helping Hands staff are here to help if you have trouble doing this on your own.

Our music and movie area is where everyone can enjoy something. We have a little bit of everything from musical instruments, CD's, DVD's and movie day every Friday complete with popcorn. Singing, dancing, and fun are enjoyed by all.

No day would be complete without learning. There is a separate area dedicated to learning, fully equipped with a computer. This allows everyone to use computer programs to expand on their knowledge with the assistance from staff members. Also included in this area are our many games for interaction and fun!

We also provide community activities several times per week. Bowling, movies, lunch at the park, going to the library, volunteering at the Thrift Stores, Habitat For Humanity, Salvation Army, going to the mall and many other community-based trips take place. Exploring our wonderful community is very important to our program. The list of activities is always provided to the individual and household. We also go on extra special field trips a couple times a year!

Please feel free to stop in anytime and ask for a tour, we always welcome visitors! If you have any questions or are interested in joining our family here, please contact Valerie Moeller at the Prescott office number below.

Thank you! We hope to see you soon!

Sincerely,

Valerie Moeller
DD Services Manager

A Yavapai Care Services, LLC, Business Enterprise

PRESCOTT OFFICE
1040 Whipple Street, Suite 312
Prescott, AZ 86305
Tel: 928-717-1776
Fax: 928-717-2054
Email: prescottoffice@prescotthelpinghands.com

COTTONWOOD OFFICE
280 South Main, Suite E
Cottonwood, AZ 86326
Tel: 928-639-8450
Fax: 928-639-3927
Email: cottonwoodoffice@prescotthelpinghands.com