

EXPEDITIONS COMMUNITY SUPPORTS PROGRAM



EMPOWERING ADULTS & BUILDING COMMUNITY

Woodfords' Expeditions Community Supports Program, provides community-based day services for adults with intellectual and developmental disabilities. The program is offered year-round, operates Monday-Friday, and has locations in both York and Cumberland Counties. Expeditions promotes active, healthy life styles by demonstrating the importance of healthy food choices, physical activity, new experiences, community involvement, learning new skills, and building relationships.

FREE COMMUNITY ACTIVITIES FOR ALL PARTICIPANTS

Enjoy meaningful community activities designed to offer new experiences, foster social connections, and promote community inclusion at no cost to participants. In addition to local community activities, Expeditions coordinates regular program funded excursions for participants which have included destinations such as Salem, MA, the Boston Aquarium, whale watching, and more.

FITNESS & WELLNESS OPPORTUNITIES

Stay active and healthy with fitness opportunities that promote health and wellness. Woodfords partners with Beacon Community Fitness and Portland Power Yoga to offer a variety of classes. Additionally, through a relationship with the Westbrook Community Center, participants can utilize onsite resources including a personal and dedicated fitness room, the pool, basketball courts, and more.

COOKING GROUP & EMPLOYMENT CLUB

Learn new skills, practice healthy eating, and enjoy cooking with others in a fun, hands-on group experience at Cooking Group. Or, get support with job readiness, employment skill building, and navigating workplace culture in a positive and collaborative environment at Employment Club.

DAILY SKILL-BUILDING OPPORTUNITIES WITH KIBU

As Maine's first KIBU partner, Expeditions offers daily skill-building exercises through KIBU's comprehensive online library and real time live classes that are intentionally designed to promote skill building in areas of daily living, communication, employment, leisure, and more for individuals with developmental and intellectual disabilities.

FUN & ENGAGING ENVIRONMENT

Expeditions' passionate, dedicated team is here to support, motivate, and inspire participants to gain skills and experience greater inclusion in their communities in a fun and engaging environment.

SCHEDULES TO MEET YOUR SCHEDULE

Programming runs Monday-Friday from 9am - 2pm and later hours are available Tuesdays and Thursdays from 1pm-5pm.

READY TO LEARN MORE?

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