

Skills and Education

Continuing Education

Paraquad's Continuing Education classes provide the tools to develop independent living skills. Participants work together as a community to build social skills through interactions with each other. Class topics may include cooking, social skills, book club, and community access.

Continuing Education class requirements:

- St. Louis City or St. Louis County resident
- A disability diagnosis prior to age of 22
- Substantial functional limitation in at least two areas of daily living

The Productive Living Board for St. Louis County Citizens with Developmental Disabilities and the St. Louis Office of Developmental Disability Resources provide funding.



For more information, call 314.289.4200 Monday through Friday 8 am to 5 pm or email contactus@paraquad.org



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PLB
PRODUCTIVE
LIVING BOARD

 **Paraquad**
Making Independence Accessible