



“We happily and eagerly drive to Alabama each summer... all you do is show up and let yourself and your loved one absorb the love and knowledge they share with you.”

— **Mother of two sons with Autism.**

Our Camp Wish List!

The Full Life Ahead Foundation hosts a camp for families with young adults with disabilities three times a year at Children's Harbor. Here is our 'wish list' for each camp. If you can help by donating anything on the list please contact our office.

- Gift cards to: Hobby Lobby, Michael's, Party City, Staples, Office Depot, Office Max.
- Paper products: plastic flatware, plates, cups, napkins, paper towels, aluminum foil, Ziploc bags
- Large Padded Mailing Envelopes
- White Copy Paper 8 ½ x 11
- White Card Stock Paper 8 ½ x 11 65lb
- Photo Paper 4 x 6
- Construction paper
- Rolls of butcher paper
- Sharpie black & colored markers
- Dry erase markers
- Crayons, washable markers
- Coffee, sugar, sweeteners, creamer
- Soft drinks, bottled water
- Healthy snacks

FullLifeAhead.org

GIVE HOPE

How To Help Those In Need



Full Life Ahead
FOUNDATION OF **H.O.P.E.**

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Why Give?

At the Full Life Ahead Foundation (FLAF) we understand how precious both time and money can be. That is why we strive to provide to our volunteers and donors a complete picture of what we do each and every day.

When you donate to The Full Life Ahead Foundation you are:

- Helping a family pay for camp so they can envision the possibilities and get the information and connections needed to make them happen
- Aiding a young person with a disAbility in getting their first job
- Providing the FLAF Workbook to those who can not afford them so they can see the young person's gift and strengths, understand supports needed and map out a plan for their future

We also work with families to help them form H.O.P.E. Teams (Helping Other People Envision) so that their young person with a disAbility can build a plan for the future. It's hard to put a dollar amount on helping someone create a future for themselves, but that is what we do.

Interested in knowing more? Contact our office and we can tell you how to give your time, talent and financial support.

Giving Levels

If you like knowing where your donation dollars go, we offer the following specific levels of giving.

- \$25 Provides a Full Life Ahead Workbook for an individual or family who needs one.
- \$100 Gives four workbooks to families needing them.
- \$250 Funds a H.O.P.E. Team Meeting that gives an individual H.O.P.E. to have dreams and action to make them a reality.
- \$500 Sponsors activities at a Family Retreat Weekend for Teens or Young Adults with disAbilities.
- \$1000 Sends a family to a Family Retreat Weekend



Josh Echols receiving Employee of the Year Award.

Who You Help

Josh's story. When Josh Echols first attended a FLAF Weekend/Workshop Retreat with his family, two important things happened. The first was a session that helped him identify his gifts and strengths, which led to his first ever action plan. This plan included bringing in Vocational Rehabilitation Counselors to help him with concrete next steps to reach his dreams of going to college.

The second thing was the shower at the Children's Harbor cabin. Designed for people with disAbilities, Josh was able to care for himself without assistance from either of his parents for the first time. Following the Weekend the Echols family decided to form a H.O.P.E. Team facilitated by FLAF staff. That Team brought together people from the community to help them figure out a way to replace their shower at home to give Josh more independence and opportunities for Josh to take swimming lessons to strengthen his arms for even more personal freedom.

Josh went on, with the help of his job coach, to interview for a position at the Veteran's Administration Hospital where he worked for several years and even received recognition as Employee of the Year. He has now moved on and is looking for a new opportunity.

His story is just one example of many lives that have been changed by the guidance and support from Full Life Ahead.