

FALL COHORT 2026 12-WEEK PROGRAMS



Learn. Connect. Contribute. Belong.

We believe confidence, independence, and belonging grow through meaningful participation. Young adults build skills while forming authentic relationships, contributing their strengths, and becoming valued members of their community. At Integrate for Good, each day combines focused learning and skill-building with the inclusive experience of being on the campus of Ursinus College.

Participants learn together, have lunch alongside peers, build relationships, and put their skills into action through meaningful volunteer experiences. Whether the day's focus is leadership or executive functioning, the goal is the same:

Build SKILLS. Build CONFIDENCE. Build CONNECTIONS.



program schedule

10AM-12PM
ENGAGING, INCLUSIVE INSTRUCTION

12PM-1PM
LUNCH AT URSINUS' DINING HALL

1-3PM
BLENDED INCLUSIVE VOLUNTEERING +
MENTAL WELLNESS ACTIVITIES

Choose your journey...

 **IFG HUB + URSINUS DINING HALL**  **STARTS SEPT 9TH**  **\$2,280/SESSION**



EMERGING LEADERS

Discovering strengths, developing self-advocacy, building confidence, and learning to lead through contribution.



EXECUTIVE FUNCTIONING SKILLS LAB

Developing practical strategies for planning, organization, time management, emotional regulation, flexibility, and greater independence.



LEADERSHIP IN ACTION

Strengthening communication, self-advocacy, collaboration, decision-making, and the skills to take increasingly active leadership roles.



SCHOLARSHIPS AVAILABLE

(484) 854-1375 | REGISTER BY 9/4/26

INTEGRATEFORGOOD.ORG/PROGRAMS

