



We are excited to announce that applications are open for our Summer 2021 programs– **HEELS Prep - Online** and **HEELS Bridge!** **Applicants can apply to both HEELS Prep – Online and to HEELS Bridge.** Please click on the links in this document to get detailed information and to be connected to the applications. **Be sure to scroll all the way down to view both programs.**

HEELS PREP - Online

Last year our online program was an incredible success! [Click here to check out our class videos and testimonials!](#) A sneak peek for potential applicants can be found [here!](#)

HEELS Prep Online is a **7 week-long opportunity** for emerging adults (ages 18 to 26) with intellectual and developmental disabilities (I/DD) to build skills towards a community-engaged and self-determined adult life. The program addresses key areas of the **transition to adulthood**, including self-management, life skills, career development, mental health, and community safety.

HEELS Prep Online is led by an interdisciplinary team of professionals at UNC with expertise in special education, occupational therapy, developmental disabilities, and clinical rehabilitation and mental health counseling. [Kidpower Teenpower Fullpower NC](#), an organization dedicated to equipping people of all abilities with skills for personal and community safety.

Program Details

Dates: *June 15 – July 30, 2021*

Time: [Click here to view the Summer 2021 Class Calendar](#)

Application Deadline: March 5th, 2021 (you may apply for more than one H2T program)

Application Information: Applications can be found [HERE](#)

Please fill out the online application.

If you need a paper application, please email us at Heels2Transition@med.unc.edu

Cost: \$950.00. Financial assistance may be available upon request.

Includes: 4 classes per week, 2 individualized coaching sessions per week, 3 socials, and all program materials (Planners, Binders, Class Manuals, Resource References, Power Cards and Zoom paddles).

HEELS BRIDGE

HEELS Bridge is an **8-week, virtual** program that serves to “bridge” a successful transition to college, for those seeking enrollment in HEELS UP or other certificate programs in North Carolina. The program covers important college readiness areas, such as navigating disability services, student roles/responsibilities, student wellness, self-advocacy, and social/campus life participation. Through an emphasis on access, self-determination, and self-directed exploration, the program prepares individuals to maximize the benefits of a college experience. **HEELS Bridge** will be led by UNC M.S. Occupational Therapy student, Jacklyn Googins, under the supervision of UNC’s OT/OS Department Director, Nancy Bagatell, PhD, OTR/L and CIDD’s Director of Advocacy and Inclusion, Anna Ward.

Program Details

Dates: May 10-July 1, 2021

Time: [Click here to view the Summer 2021 Class Calendar](#)

Application Deadline: March 5th, 2021 (you may apply for more than one H2T program)

Application: Applications can be found [HERE](#)

Cost: \$350 for enrollment in HEELS Bridge only. \$450 for participants with dual enrollment in HEELS UP.
Financial assistance may be available upon request.

Includes 2 classes per week, 1 individualized coaching session per week, bi-weekly office hours and self-advocacy panels, and all materials: Planner, College Exploration Handbook, Worksheets.

For more information, or if you need a paper application, please email heels2transition@med.unc.edu. Thank you!

[Check out the HEELS 2 Transition website!](#)