



Community Engagement Group Day Support Services

Compassionate and Committed to Your Independence

Our Mission

To empower individuals with developmental disabilities to live meaningful, fulfilling lives through active community involvement, skill-building, and personal growth.

About Our Day Support Program

Premier Health Services of Virginia provides **Community Engagement Day Support Services** designed to help individuals gain independence, develop social skills, and participate fully in their communities. Our program focuses on **person-centered goals** that promote inclusion, self-confidence, and lifelong learning through structured activities and real-world experiences.

Program Highlights

- **Community Exploration:** Visits to parks, libraries, local events, and businesses
- **Volunteer Opportunities:** Give back through food drives, projects, and service learning
- **Skill Development:** Training in communication, daily living, and social interaction
- **Health & Wellness:** Group exercise, nutrition lessons, and mindfulness activities
- **Creative Expression:** Arts, crafts, music, and hands-on projects
- **Friendship & Fun:** Team-building activities, celebrations, and peer support

Building Brighter Futures — One Day at a Time

Contact Us

Premier Health Services of Virginia

 Serving Communities Across Virginia

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 PHSofVA.com