

SPRING COHORT 2026 15-WEEK PROGRAMS



This spring, Integrate For Good is offering three 15-week programs. All 15-week programs run from 10am to 3pm and include lunch at Ursinus College Dining Hall. Scholarships are available, ask Bev for more information.

TUESDAYS

📍 URSINUS COLLEGE 📅 JAN 20 - APR 28 | \$2,500



EMPOWERMENT LAB & TRAVEL TRAINING

A program designed to help every young person discover their potential, build skills, and connect with their community. All participants will leave with a **digital portfolio** and **business cards**. **PLUS** learn about safety, trip planning, understanding schedules, contingency planning with public transportation and ride share.

WEDNESDAYS

📍 URSINUS COLLEGE 📅 JAN 21 - APR 29 | \$1,500



EXECUTIVE FUNCTIONING SKILLS FOR EMPLOYMENT

Executive functioning skills are the brain-based abilities that help us plan, organize, manage time, regulate emotions, and follow through on tasks—from getting started to seeing things through. For young adults, strengthening these skills builds confidence, independence, and real-world readiness for school, work, and everyday life.

FRIDAYS

📍 URSINUS COLLEGE 📅 JAN 23 - MAY 1 | \$1,500



LEADERSHIP & SELF-ADVOCACY

The Leadership Incubator program is for leaders at all stages who have untapped potential and have never been given the space to become immersive leaders. We believe that everyone has the power to lead when provided the right opportunities, support, and community to grow.



SCHOLARSHIPS AVAILABLE

(484) 854-1375 | REGISTER BY 1/12/26

[INTEGRATEFORGOOD.ORG/PROGRAMS](https://integrateforgood.org/programs)



SPRING COHORT 2026 4-WEEK PROGRAMS



All 4-week programs will be at the Integrate For Good Community Hub in Collegeville. Programs will run Wednesday evenings from 6-8pm. Scholarships are available, ask Bev for more information.



📍 IFG HUB COLLEGEVILLE 📅 JAN 21 - FEB 11 | \$200

MENTAL HEALTH MATTERS

This is for people of all abilities who want to explore mental wellness in a supportive, interactive environment. Our belief is that everyone deserves the resources and community to prioritize self-care, build resilience, and support others.



📍 IFG HUB COLLEGEVILLE 📅 FEB 18 - MAR 11 | \$200

TEACHING ASSISTANT SEMINAR

This is an interactive seminar for students who have completed Executive Skills Workshop, Leadership Incubator, or Empowerment Lab and are interested in serving as a teaching assistant or leading in any IFG program. Participants will gain key skills in communication, support strategies, and leadership to effectively assist instructors and peers in & out of a classroom setting.



📍 IFG HUB COLLEGEVILLE 📅 MAR 18 - APR 8 | \$200

THE CIVIC LEADERSHIP PROJECT

The Civic Leadership Project is for individuals of all abilities who want to develop leadership skills, strengthen their voices, and actively participate in decision-making.



SCHOLARSHIPS AVAILABLE

(484) 854-1375 | REGISTER BY 1/12/26

[INTEGRATEFORGOOD.ORG/PROGRAMS](https://www.integrateforgood.org/programs)

