"I tell everybody, I may have lost my sight, but I have not lost my vision."

– Charlene, a Vision Loss Alliance of New Jersey participant

MISSION STATEMENT

Vision Loss Alliance of New Jersey will create and deliver expert programs and services that build confidence and improve the quality of life for individuals living with profound vision loss.

Vision Loss Alliance
of New Jersey

To find out more about our programs, arrange for a tour, or support Vision Loss Alliance of New jersey, please contact us at:

Tel: **(973) 627-0055**
Web: **VLANJ.org**
Email: **info@vlanj.org**

Vision Loss Alliance of New Jersey
155 Morris Avenue, Suite 2
Denville, NJ 07834

Vision Loss Alliance
of New Jersey

Programs for
an Independent Life

Vision Loss Alliance of New Jersey is a nonprofit 501(c)(3) organization that provides practical training and emotional support to help those who have experienced profound vision loss regain self-esteem and self-reliance.

From our start in 1943, we have used a holistic approach to all our program development, focusing on the overall health and well-being of each participant. Our goal is to empower those with profound vision loss to live engaged, productive and independent lives.

At Vision Loss Alliance of New Jersey, we:

- **Empower independence...** by creating programs that change lives.
- **Build confidence...** in every person we reach.
- **Encourage awareness...** within the communities we serve.
- **Listen intently...** to the voices of those with profound vision loss.
- **Create community...** a place for all to feel connected and respected.

Programs

Vision Loss Alliance of New Jersey offers a variety of low-cost programs in Morris County with limited classes in Essex, Bergen and Sussex Counties.

Essential Low Vision Program

A one-day program designed to teach individuals with vision loss quick adaptive strategies to regain independence.

Better Health and Wellness Program

These unique classes are designed to provide a holistic approach to living with vision loss. Classes are taught by qualified instructors and include: peer support, yoga, fitness, djembe drumming, horticultural therapy, art and pottery studio.

Technology Programs

These classes teach participants how to use the accessibility features, practical functions and specialized apps on iPad/ iPhones in order to stay organized, informed and connected. Beginner, intermediate and advanced training are offered.

Independent Living Program

A Simple Solution is a 6-week group training program that teaches the foundational skills needed to regain and maintain an independent lifestyle. The classes teach coping strategies to promote a healthy balance of emotional health, mobility skills, and adaptive kitchen skills.

Programs are conducted on an ongoing basis throughout the year. *Please visit VLANJ.org* for a complete schedule and program fees.

Small group classes meet in a friendly environment to help make these innovative programs highly effective and provide a true sense of community to the participants.

Throughout our 72-year history we have consistently delivered the services designed to build confidence and independence and improve the overall quality of life for our participants.