

Welcome to “Options”

“Options” Learning Center was state licensed in 2003 and is designed to improve the lives of adults with developmental disabilities.

Consumers are referred to “Options” by **Valley Mountain Regional Center (VMRC)**.

Located at **Service First of Northern California’s headquarters**, “Options” provides a welcoming environment where participants can build confidence, strengthen relationships, and enjoy engaging daily activities.



Come Visit Us!

Schedule a tour and see what “Options” Learning Center has to offer!



“Serious About Service”
Service First
of Northern California



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For more information about the program, please contact our office.

“Options” Learning Center

Where Every Day is an
Opportunity to Learn, Grow
& Have Fun!

Program Components

- Music Therapy
- Arts & Crafts
- Fitness Classes
- Cooking & Nutrition
- Computer & Technology Training
- Reading & Math Skills
- Daily Life Skills
- Community Outings
- Social Activities
- Gaming Area
- Senior Component 55+
- Pre-Employment Training



About the Program

“Options” Learning Center uses a flexible, college-style schedule that allows participants to choose activities based on their interests, needs, and individual goals.

The program encourages educational opportunities, socialization, independence, relationship building, self-esteem, and community involvement.

Participants are supported throughout the day as they build skills, explore their interests, and take part in meaningful activities.



Our Mission

To assist the residents of our community by enhancing their lives, allowing them to realize their potential, and to lead lives that are integrated, productive, and fulfilling.

Gaming Component

Our Gaming Component provides participants with a fun and engaging way to build skills while enjoying interactive games and activities. Through the use of arcade games, pinball machines, PlayStation 5, Xbox, and other interactive technology, participants have opportunities to practice and develop:

- Hand-Eye Coordination & Fine Motor Control
- Navigation & Technology Skills
- Problem Solving & Memory Skills
- Following Directions
- Attention & Focus