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
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.