



# Next Step

Support Services



**Complete Adult Support**  
**We Transition YOUR Life “Every STEP of the Way”**

# WHO IS THIS PROGRAM FOR?

YOUNG ADULTS 18+ AND WHO ARE INTERESTED IN:

- EMPLOYMENT
- SUPPORTED EMPLOYMENT
- FURTHER EDUCATION
- INDEPENDENT OR SUPPORTED LIVING
- COMMUNITY PARTICIPATION



# SO, WHAT'S IN YOUR NEXT STEP?

WE CONSULT WITH A LEARNER AND HIS OR HER PERSONAL NETWORK, TO CONSIDER AS MANY FACTORS AS POSSIBLE. THIS WILL CONTRIBUTE TO ESTABLISHING A WELL-ROUNDED, FULFILLING, AND COMPLETE ADULT LIFESTYLE OF HIS OR HER CHOICE.

# STRUCTURED TRANSITION ENGAGEMENT PLAN

“You’re teaching has helped me with my daily life routine; which includes work life. I’ve learned how to be more confident and also stand up for myself. As well as, how to have a certain behaviour at work. You’ve also helped me have stronger friendships. I would strongly recommend NextStep, because you have made sure whoever you teach reaches their best and shines in their future.”

Hassan – Former Student

# TAKE YOUR NEXTSTEPS

PROGRAM ENTRY: 18+ | PROGRAM LENGTH: UNLIMITED



TRANSITIONING INTO THE COMMUNITY

CHOOSING AN ADULT LIFESTYLE OF ONE'S CHOICE

“Amberley has been in our lives for 8 years. He understands my son at times better than me. He can see through the lens of my son, and gets the intricate workings of his mind. His Input is exceptional and I so appreciate his upbeat positive attitude & patience.

Amberley creates the most detailed, thought out plans for our kids; which cater to their interests, learning, and needs.

This past year, Amberley taught my son how to take the TTC independently. He taught him more than one way to get home in case a route was shut down. He also taught him what to do if there was no ticket collector in the booth; as well as, what to do if someone sits to close to you, etc. I feel very fortunate to have had Amberley’s guidance and expertise over these years. He is our angel.”

Sarah C. – Parent

# YOUR STEPS TO SUCCESS

# STEP Programs Monthly Fees & Requirements

## OPTION 1 : COMMUNITY STEP (3 DAYS)

PROGRAM	DAY	EVENING*	WEEKEND
MONDAY	TECHNOLOGY & FITNESS		
WEDNESDAY	COMMUNITY & FITNESS		
FRIDAY	FITNESS & HANGING WITH FRIENDS		

## OPTION 2 : LEADERSHIP FOUNDATIONS (3 DAYS)

PROGRAM	DAY	EVENING*	WEEKEND
TUESDAY	LEADERSHIP SKILLS		
THURSDAY	ON THE JOB TRAINING		
WEEKEND			GROUP LEADER

## OPTION 3 : SOCIAL STEP (1 - 4.5 DAYS)

PROGRAM	DAY	EVENING*	WEEKEND
MONDAY		1/2 SOCIAL*	
TUESDAY		1/2 SOCIAL*	
WEDNESDAY		1/2 SOCIAL*	
THURSDAY		1/2 SOCIAL*	
FRIDAY		1/2 SOCIAL*	
SATURDAY			SOCIAL
SUNDAY			SOCIAL

\* SCHEDULED START DATE IN SEPTEMBER 2021

## OPTION 1: COMMUNITY STEP

### Who is this program for?

This part time program is best for young adults who are ready to transition into an adult lifestyles of their choice. Individuals learn to participate in the community with 6:1 support. Members can participate in one or more options at the same time. Individual costs may vary.

Toronto Library Card.....	Required
TTC Support Card .....	Required
Presto Card.....	Required
Access2 Entertainment Card.....	Required
Part-time, 3 DAYS.....	Included
Assessments & Reports.....	Included
STEP Planning.....	Included
Technology Rental .....	(Alternatives Allowed)
• Smartphone / Tablet .....	(Alternatives Allowed)
• Talk / Text / 5G Data .....	

### Program Specific Requirements

Option 1: Community Step .....	\$54.00
Gym Membership.....	\$34.00
Training Equipment.....	\$20.00

Monthly Fees:.....\$1,600

## CO-OP STUDENT

**High School Coop Students** who are independent in the community, are able to contribute to the Community STEP or Leadership Foundations programs as placement students. Individuals must be able to participate in community groups in a 6:1-12:1 participant to staff ratio.

## OPTIONS 2: LEADERSHIP FOUNDATIONS

### Who is this program for?

This part time program is best for young adults who are ready to transition into an adult lifestyles of their choice. Participants learn to lead of group with 5 of his or her peers. Members can participate in one or more programs options at the same time. Individual costs may vary.

TTC Support Card .....	Required
Presto Card.....	Required
Part-time, 3 DAYS.....	Included
Assessments & Reports.....	Included
STEP Planning.....	Included
Technology Rental .....	(Alternatives Allowed)
• Smartphone / Tablet .....	(Alternatives Allowed)
• Talk / Text / 5G Data .....	

### Program Specific Requirements

Option 2: Leadership Foundations .....	\$125.00
Work Training HOTDESK .....	\$125.00





## INDEPENDENT TRAVEL

SAT: 11:15 AM - 12:00 PM  
SAT: 6:00 PM - 6:45 PM

### WHAT IS THIS LEARNING MODULE ABOUT?

IN THIS LEARNING MODULE; MEMBERS PRACTICE COMMUTING FROM THE LINE 1 SUBWAY EXTENSION TO PROMOTE INDEPENDENT TRAVEL

### SKILLS LEARNED

- LEARNERS WILL BE ABLE TO IDENTIFY, LABEL, AND EXPLAIN THE USE OF EMERGENCY EQUIPMENT AT EACH STATION
- PARTICIPANTS WILL BE ABLE TO IDENTIFY, LABEL, AND EXPLAIN THE SEQUENCE OF SUBWAY STATIONS ON THE LINE 1
- LEARNERS WILL BE ABLE TO NAVIGATE THE STOPS OF THE LINE 1 SUBWAY EXTENSION

### WHAT YOU WILL ACCOMPLISH

- TRAVEL COMMONLY USING PUBLIC TRANSIT ROUTES, WITH CONFIDENCE AND INCREASED INDEPENDENCE
- DEMONSTRATE THE ABILITY TO ACCESS AVAILABLE COMMUNITY SUPPORTS, TO ASSIST IN CHALLENGING SITUATIONS

### COURSE DELIVERY & EQUIPMENT

THIS COURSE IS DELIVERED IN THE COMMUNITY AND INVOLVES TRAVEL ON THE TTC. STUDENTS REQUIRE A DIGITAL DEVICE SUCH AS AN IPAD, TABLET, OR SMARTPHONE.

### THESE DEVICES SHOULD HAVE APPLICATIONS FOR:

- WEATHER
- SCHEDULES
- TRANSIT
- MAPS
- EMAIL
- TEXT MESSAGING

# Transit Training

## TRAVEL PUBLIC TRANSIT SAFELY AND WITH CONFIDENCE!

- USE A SMARTPHONE/TABLET TO NAVIGATE ROUTE
- USES CHOSEN SUBWAY LINES WITH CONFIDENCE
- USE A PRESTO CARD TO PAY FOR PUBLIC TRANSIT
- USES CHOSEN STREETCAR LINES WITH CONFIDENCE
- SEEKS HELP ON PUBLIC TRANSIT IF NEEDED
- USES CHOSEN BUS LINES WITH CONFIDENCE

## TRAVEL WITH FRIENDS

Mon, Wed, Fri: 8:30 am - 10:00 am  
Mon, Wed, Fri: 2:00 pm - 3:30 pm

### Learning module is about

In this learning module members will practice commuting safely and confidently from the:

- Line 1 subway
- Line 4 subway
- 84 Sheppard bus
- 29 Dufferin bus
- 509 College streetcar routes

### Skills learned

Members will be able to identify, label, and explain the use of emergency equipment while taking different transportation routes. Members will be able to identify, label, and explain the sequence of subway stations and landmarks.

### What you will accomplish

- Travel commonly used public transit routes with confidence and increased independence
- Demonstrate the ability to access community help in emergency situations
- Navigate community streets in accordance with safety signs and road safety rules
- Demonstrate the ability to respond to typical concerns and issues encountered while commuting on public transit

### Course delivery & Equipment

Course is delivered in both classroom and community settings. Members require a digital device such as an ipad, tablet, or smartphone. These devices should have applications for:

- Weather
- Schedules
- Transit
- Maps
- Email
- Text messaging



## TRAVEL FOR WORK

Tues & Thurs: 8:30 am - 10:00 am  
Tues & Thurs: 2:00 pm - 3:30 pm

### Learning module is about

In this learning module members will practice commuting safely and confidently from the:

- Line 1 subway
- Line 2 subway
- Eglinton 32 bus
- Runnymede 71 bus
- Bathurst 7 bus

### Skills learned

Members will be able to identify, label, and explain the use of emergency equipment while taking different transportation routes. Members will be able to identify, label, and explain the sequence of subway stations and landmarks.

### What you will accomplish

- Travel commonly used public transit routes with confidence and increased independence
- Demonstrate safety awareness and an ability to respond to emergency situations in the community
- Demonstrate use of signs and maps to navigate common public places
- Demonstrate the ability to respond to typical concerns encountered while navigating public spaces

### Course delivery & Equipment

Course is delivered in both classroom and community settings. Members require a digital device such as an ipad, tablet, or smartphone. These devices should have applications for:

- Weather
- Schedules
- Transit
- Maps
- Email
- Text messaging

# WEEKLY

## FUNCTIONAL TRAINING

TUESDAY 1:00 PM – 2:00 PM (60 MIN)  
SWIMMING (BIKING & HIKING ARE ALTERNATIVES)

### WHAT IS THIS LEARNING MODULE ABOUT?

THIS LEARNING MODULE PROMOTES EXERCISE ROUTINES, THAT DEVELOP & REFINE MOVEMENT SKILLS NEEDED FOR RECREATIONAL ACTIVITIES.

### SKILLS LEARNED

MEMBERS LEARN MOVEMENT SKILLS AND PRINCIPLES, WAYS TO IMPROVE THEIR FITNESS LEVEL, AS WELL AS; SAFETY AND INJURY PREVENTION.

### WHAT YOU WILL ACCOMPLISH

- ENGAGE IN ACTIVITIES THAT REDUCE STRESS & ANXIETY
- INCREASE ENGAGEMENT IN RECREATIONAL ACTIVITIES
- DEMONSTRATE ABILITY TO APPLY MOVEMENT SKILLS AND PRINCIPLES TO FUNCTIONAL TASKS

### COURSE DELIVERY & EQUIPMENT

THE COURSE IS DELIVERED IN COMMUNITY SETTINGS. MEMBERS REQUIRE ACTIVITY SPECIFIC CLOTHING & SPECIFIC EQUIPMENT.

### SWIMMING APPAREL REQUIREMENTS:

- BACKPACK
- TOWEL
- FOOT WEAR
- CHANGE OF SOCKS
- SWIM SUIT
- SOAP
- BODY LOTION
- PLATIC BAG
- SHAMPOO
- CHANGE OF UNDERWEAR

FALL & WINTER

## COMMUNITY GROUPS CALENDAR

# Health & Fitness

## BE FIT – TO DO WHAT YOU WANT TO DO!

- USE A DEVICE TO TRACK YOUR FITNESS
- TAKE PART IN A YOGA OR SPINNING CLASS
- USE A DEVICE TO GUIDE A WORKOUT
- GO SWIMMING WITH FRIENDS
- WORKOUT AT A LOCAL RECREATIONAL CENTRE
- IMPROVE SELF-REGULATION

## PERSONAL FITNESS & EXERCISE ROUTINES

Monday 1:00 pm – 2:00 pm (60 min)  
Cardio Exercises

### Learning module is about

This learning module promotes personal fitness and exercise routines, to develop and refine movement skills; as well as, build levels of health and fitness in members.

### Skills learned

- Members learn:
- Movement skills
  - Strategies to improve personal fitness and physical ability
  - Strategies to prevent physical injury

### What you will accomplish

- Demonstrate improvement in physical fitness
- Complete balanced fitness routines
- Engage in practices that maintain healthy body functions

### Course delivery & Equipment

Course is delivered in community & gym settings. Members can get a gym membership or purchase monthly passes. He or she will need headphones, a water bottle, athletic shoes, athletic clothing and a backpack.

## GROUP RECREATION & FITNESS CLASSES

Friday 11:30 am – 12:30 pm Yoga Class (60 min)  
Wednesday 12:00 pm – 12:30 pm Spinning Class (60 min)

### Learning module is about

This learning module emphasizes regular participation in enjoyable, physical group activities that promote healthy and active living.

### Skills learned

Members learn movement skills and principles, ways to improve personal fitness and physical ability, and safety and injury prevention, while participating in group classes.

### What you will accomplish

- Demonstrate use of appropriate social skills when working collaboratively with others
- Engage in practices that maintain healthy body functioning and promote healthy body mechanics & movements
- Demonstrate use of decision making skills to achieve goals related to personal health

### Course delivery & Equipment

Course is delivered in community & gym settings. Members can get a gym membership or purchase monthly passes. He or she will need headphones, a lock, a water bottle, athletic shoes, athletic clothing and a backpack. Additional equipment may be required.

# MONDAYS

FALL & WINTER

## COMMUNITY NAVIGATION & TRANSIT MAPS

MONDAY: 11:00 AM - 12:00 PM (60 MIN)

### WHAT IS THIS LEARNING MODULE ABOUT?

THIS LEARNING MODULE INTRODUCES THE USE OF MAPS AND OTHER 2D VISUAL REPRESENTATIONS TO NAVIGATE IN THE COMMUNITY, SOLVE PROBLEMS AND ANSWER QUESTIONS.

### SKILLS LEARNED

MEMBERS LEARN HOW TO USE A SMARTPHONE OR A TABLET, TO NAVIGATE FROM ONE COMMUNITY LOCATION TO ANOTHER. MEMBERS ARE TAUGHT USING DIGITAL APPLICATIONS THAT BEST SUIT THEIR LEARNING PROFILE. THEY WILL BECOME FAMILIAR WITH USING A MAP OR TRAVEL ROUTE.

### WHAT YOU WILL ACCOMPLISH

- ABLE TO USE THE FUNCTIONS OF A MAPPING APPLICATION, (E.G. GOOGLE MAPS, TRANSIT APP PROLOQUO2GO) TO REVIEW INFORMATION OF THEIR TRIP
- ABLE TO OPEN, REVIEW, AND UPDATE INFORMATION ON A MAPPING SYSTEM
- ABLE TO USE MAP OR TRAVEL ROUTE TO ASK AND ANSWER QUESTIONS ABOUT LANDMARKS
- ABLE TO ADVOCATE CHOICES ABOUT A PREFERRED TRAVEL ROUTE

### COURSE DELIVERY & EQUIPMENT

LEARNING MODULE IS DELIVERED IN A COMMUNITY SETTING. STUDENTS REQUIRE A DIGITAL DEVICE SUCH AS AN IPAD, TAB LET, OR SMARTPHONE WITH SPECIFIC APPLICATIONS.

### ACTIVITIES

- PLANNED TRAVEL ON PUBLIC TRANSIT

## COMMUNITY GROUPS CALENDAR

# Technology & Life Apps

## TECHNOLOGY AT YOUR FINGER TIPS!

- USE A SMARTPHONE / TABLET IN EVERYDAY LIFE
- ORDER ITEMS FROM A MENU
- USE A CALENDAR TO PLAN AND ORGANIZE
- USE A DEBIT CARD OR SMARTPHONE TO PAY
- USE GOOGLE MAPS TO FIND MY WAY AROUND
- TAKE TURNS WITH FRIENDS TALKING ABOUT INTERESTS

### PLANNING FOR MY WEEK

Monday: 10:00 am - 11:00 am (60 min)

#### Learning module is about

This learning module introduces strategies to help you manage time, stay focused, and prioritize actions.

#### Skills learned

Members learn how to use a smartphone or tablet to help them manage tasks and a schedule. Members are taught using digital applications that best suit their learning profile. They will become familiar with switching between applications, using a calendar, a schedule, and a timer to manage tasks.

#### What you will accomplish

- Able to list tasks, activities, and landmarks
- Able to ask and answer questions about landmarks

#### Course delivery & Equipment

Learning modules are delivered in a community setting. Members require a digital device, such as; and iPad, Tablet, or Smartphone with specific applications.

#### Activities

- Reviews calendar and schedule
- Order Items from a menu & pay using debit card or smartphone

### TECHNOLOGY AT THE LIBRARY

Monday: 1:00 pm - 2:00 pm (60 min)

#### Learning module is about

This learning module introduces strategies to create or alter schedules, to meet personal needs or wants.

#### Skills learned

Members learn how to use a smartphone or tablet to help create, alter, or update schedules. Members are taught using digital applications that best suit their learning profile. They will become familiar with changing the order of activities within a schedule or creating new schedules.

#### What you will accomplish

- Able to use of the functions of a calendar application, (e.g. google calendar, apple calendar, choiceworks) to review information of their upcoming week's events and activities
- Able to open, close, and update Choice Work schedules
- Able to open, close, edit, and create new events in calendar
- Capable of asking and answering questions about activities and events; as well as, advocating for their choices

#### Course delivery & Equipment

Learning modules are delivered in a library setting. Members require a digital device, such as; and iPad, Tablet, or Smartphone with specific applications.

#### Activities

- Create a schedule and send it to a friend or co-worker
- Create events in a calendar & invite a friend or co-worker

# TUESDAYS

FALL & WINTER

## COMMUNITY GROUPS CALENDAR

# Volunteer & Work Skills



## CONTRIBUTE TO YOUR COMMUNITY THROUGH WORK

- JOIN A TEAM AND VOLUNTEER TO HELP OTHERS
- WORK FOR A CAUSE AT A FOOD BANK
- CONNECT WITH OTHERS WHO SHARE YOUR INTERESTS
- LEARN VALUABLE WORK SKILLS
- TAKE CLASSES AT A LOCAL TECHNOLOGY COLLEGE
- WORK TO COMPLETE MICROSOFT OFFICE CERTIFICATE

### TEAM BUILDING WITH PEERS

TUESDAYS 10:00 AM - 2:00 PM (300 MIN)

#### WHAT IS THIS LEARNING MODULE ABOUT?

THIS LEARNING MODULE GETS YOU READY TO LEAD A GROUP OF YOUR PEERS.

#### SKILLS LEARNED

STUDENTS ARE PROVIDED A LEADERSHIP ROLE. THIS INVOLVES TEACHING THE DUTIES OF A JOB TO PEERS, AND PROVIDING AN OVERVIEW OF SAFETY PROCEDURES PERTAINING TO THE TASKS.

#### WHAT YOU WILL ACCOMPLISH

- DEMONSTRATE ABILITY TO USE CALENDARS, SCHEDULES, AND DIGITAL DEVICES
- ENGAGE IN SPECIFIC JOB TASKS
- DEMONSTRATE ABILITY TO COMPLETE GROUP TASKS AND TO WORK INDEPENDENTLY
- DEMONSTRATE GOOD LEADERSHIP HABITS

#### COURSE DELIVERY & EQUIPMENT

THE COURSE IS DELIVERED IN A COMMUNITY SETTING. STUDENTS REQUIRE A DIGITAL DEVICE SUCH AS AN IPAD, TABLET, OR SMARTPHONE. THESE DEVICES SHOULD HAVE APPLICATIONS FOR:

- WEATHER
- SCHEDULES
- TRANSIT
- MAPS
- EMAIL
- TEXT MESSAGING

### LEADERSHIP ROLE AT A FOOD BANK

Wednesday 11:00 am – 1:00 pm (120 min)

*Join a Team*

#### Learning module is about

This learning module supports members to volunteer at a local food bank.

#### Skills learned

Members learn how to work as part of a team. They sort non-perishable food items based on expiration date, contents, and condition of packaging. They weigh and inventory boxes, and arrange according to packing schematics.

#### What you will accomplish

- Able to greet and chat with supervisor and coworkers
- Able to request instructions, complete tasks, and return to supervisor for next task
- Able to ask and answer questions about the job
- Able to communicate with coworkers to advocate for your wants and needs

#### Course delivery & Equipment

The course is delivered at a food bank in a community setting. Members may require a digital device such as an iPad, Tablet, or Smartphone with specific applications. Safety shoes may be required.

### LEADERSHIP OF PEERS

Tuesday 10:00 am – 12:00 pm (120 min)

*Work Together With a Team*

#### Learning module is about

This learning module supports members to learn basic skills in Outlook, Power-Point, Word, and Publisher. Classes are offered in collaboration with our Community Learning Partners.

#### Skills learned

Members learn to create emails, flyers, and schedules. They create and manage marketing material for the Social Groups. Members have the opportunity for employment.

#### What you will accomplish

- Demonstrate the ability to use calendars, schedules, and digital devices
- Engage in productive work for minimum of 2 hours
- Demonstrate ability to complete tasks within a team, while also working independently
- Advocate for self by identifying & discussing needs and /or accommodations

#### Course delivery & Equipment

The course is delivered in a work place settings. Members require a learning device such as an iPad, Tablet, or laptop with specific applications.

# Community & Citizenship

## BE A GOOD CITIZEN AND COMMUNITY MEMBER

- PARTICIPATE IN ACTIVITIES OF INTEREST
- DEVELOP QUALITIES OF GOOD CITIZENSHIP
- SHARE COMMUNITY RESOURCES WITH OTHERS
- KEEP PERSONAL INFORMATION PRIVATE
- KEEP PERSONAL BELONGINGS SAFE
- MANAGE CHALLENGING SITUATIONS OR SEEK HELP

### PAYDAY BUDGETING

Wednesday 11:00 am – 12:00 pm

#### *Learning module is about*

This learning module readies students to make personal purchases in accordance with a monthly/weekly budget.

#### *Skills learned*

Students have the opportunity to make personal budgets based on their discretionary income, and prepare to make transactions with the use of money or alternatives to purchase items for self and to participate in a range of community activities.

#### *What you will accomplish*

- Demonstrate the ability to calculate daily, weekly, and monthly pay
- Use a real economy program to budget for daily, weekly, and monthly wants and needs
- Demonstrate preparedness to shop for necessities and discretionary items, for independent living including: groceries, clothing, drugstore items, gifts, items for special events, personal items, items related to interests
- Practice referencing a shopping list and inventory, as well as, identifying required quantities, purchasing items, and considering costs.

#### *Course delivery & Equipment*

The course is delivered in a classroom setting. Students require a digital device such as an iPad, Tablet, or Smartphone with specific applications.

### RESOURCES AT THE LIBRARY

Wednesday 10:00 am – 11:00 am (60 min)

#### *Learning module is about*

This learning module helps members learn how to share community resources, while at a library or community centre.

#### *Skills learned*

Members learn:

- How to advocate for themselves
- How to recognize the correlation between actions and feelings
- How to empathize with others
- How to make decisions based of information
- How to be responsible for their actions

#### *What you will accomplish*

- Able to use library card to access digital resources
- Able to use library computers and stacked materials, in accordance with patron expectations
- Borrows materials from library, and returns them in a good condition on time
- Demonstrates conduct that is appropriate for library or community centre.

#### *Course delivery & Equipment*

The course is delivered in a local library setting. Members require a library card. They may prefer to use a personal digital device such as an iPad, laptop, tablet, or Smartphone with internet access.

#### *Activities*

- Borrow items from the library using library card
- Access library resources
- Classroom Dojo Tracking

## FOLLOWING MY BUDGET

WEDNESDAY 1:00 PM – 2:00 PM

### WHAT IS THIS LEARNING MODULE ABOUT?

THIS LEARNING MOEULE HELPS STUDENTS TO MANAGE PERSONAL RESOURCES FROM A REAL ECONOMY PROGRAM, TO MEET PERSONAL NEEDS AND WANTS, AND TO SAFEGUARD PERSONAL/DEMOGRAPHIC INFORMATION (IE: WHO TO TELL, WHO NOT TO TELL).

### SKILLS LEARNED

STUDENTS HAVE OPPORTUNITIES TO FUTHER DEVELOP THEIR ABILITY TO MANAGE FINANCIAL MATTERS INDEPENDENTLY, COLLECT, AND KEEP TRACK OF THIER INCOME. (BUDGETS, WRITE CHECKS, PAY RENT, MONEY STAYS IN BANK)

### WHAT YOU WILL ACCOMPLISH

- DEMONSTRATE ACCOUNTING OF EARNED REWARDS
- DIFFERENTIATE BETWEEN MANDATORY AND DISCRETIONARY INCOME
- ALLOT MANDATORY INCOME TO NECESSARY EXPENSES
- USE DISCRETIONARY INCOME IN A RESPONSIBLE MANNER, IN ACCORDANCE WITH DIET, AND TO OTHERS PERSONAL RESTRICTIONS
- ENGAGE IN PRACTICES THAT PROMOTE PRIVACY OF INFORMATION

### COURSE DELIVERY & EQUIPMENT

THE COURSE IS DELIVERED IN A CLASSROOM SETTING. STUDENTS REQUIRE A DIGITAL DEVICE SUCH AS AN IPAD, TABLET, OR SMARTPHONE. THESE DEVICES SHOULD HAVE APPLICATIONS FOR:

- WEATHER
- SCHEDULES
- TRANSIT
- MAPS
- EMAIL
- TEXT MESSAGING





# THURSDAYS

## AFTER WORK SOCIAL

THURSDAY 3:00 PM – 6:00 PM (180 MIN)

### A NIGHT OUT WITH PEERS

#### WHAT IS THIS LEARNING MODULE ABOUT?

THIS LEARNING MODULE SUPPORTS MEMBERS TO PARTICIPATE AS EFFECTIVE MEMBERS OF A WORK TEAM.

#### SKILLS LEARNED

TEAM MEMBERS ARE PROVIDED AN ITINERARY, AND ARE SUPPORTED TO ENGAGE IN FUN AND ENGAGING TEAM BUILDING ACTIVITIES.

#### WHAT WILL YOU ACCOMPLISH

- BOWLING
- MOVIES
- PAINTING LOUNGE
- PUTTING EDGE
- SKYZONE

#### COURSE DELIVERY & EQUIPMENT

THIS COURSE IS DELIVERED IN A COMMUNITY SETTING. MEMBERS REQUIRE A DIGITAL DEVICE SUCH AS AN IPAD, TABLET, OR SMARTPHONE WITH SPECIFIC APPLICATIONS. MEMBERS MAY BE REQUIRED TO PROVIDE AN ACCESS2ENTERTAINMENT CARD, OR ADDITIONAL ACTIVITY FEES DEPENDING ON THE ACTIVITY.

#### ACTIVITIES

- PUBLIC TRANSIT COMMUTE
- DINNER
- RECREATION OR LEISURE ACTIVITY

FALL & WINTER

## COMMUNITY GROUPS CALENDAR

# On the Job Training

## JOB TRAINING OR EMPLOYMENT WITH NEXTSTEP

- VOLUNTEER AND JOIN A TEAM
- CONNECT WITH OTHERS WHO SHARE YOUR INTERESTS
- DISCOVER YOUR STRENGTHS AND TALENTS
- SUPPORT YOUR COMMUNITY
- EXPLORE YOUR INTERESTS
- DEVELOP SKILLS IN AN AREA OF INTEREST

## ON THE JOB TRAINING

Thursday 10:00 am – 12:00 pm (120 min)

#### Learning module is about

This learning module readies students to develop skills that will provide opportunity for students to participate as productive and contributing members of their community.

#### Skills learned

Students have the opportunity to identify, explore, and express their interests and skills. They also have a chance to set personal and professional short term and long term goals. As well as, explore different areas to expand their interests.

#### What you will accomplish

Experience work at the Centre for Social Innovation. Students will learn how to identify with:

- Job Task Planning: Planning & organization of one's work
- Decision Making: making a choice among options using appropriate information
- Problem Solving: Identifying and solving problems
- Finding Information: find information using texts, people, databases, and information systems for research

#### Course delivery & Equipment

Course is delivered both in classroom and community settings. Students require a digital device such as an iPad, Tablet, or Smartphone with specific applications.

## WORKING WITH CO-WORKERS

Thursday 1:00 pm – 2:00 pm (60 min)

#### Learning module is about

This learning module readies students to do a fair share of work while sharing resources, contributing to a pleasant working environment, interacting positively with co-workers, and respecting the ideas and opinions of others in the workplace.

#### Skills learned

Students have the opportunity to complete job tasks, interact with customers, and share common workplace areas; in accordance with workplace rules.

#### What you will accomplish

- Demonstrate ability to follow directions, pay attention to detail, and stay on task for a determined period of time
- Follow structured problem solving process to make effective decisions in the workplace
- Advocate for self by identifying and discussing needs and/or accommodations
- Demonstrate the ability to use calendars, schedules, and digital devices
- Engage in productive work in a team
- Demonstrate the ability to complete tasks within a team and while working independently

#### Course delivery & Equipment

Course is delivered in both classroom and community settings. Students require a digital device such as an iPad, Tablet, or Smartphone with specific applications.

# FRIDAYS

## DINNER & A NIGHT OUT WITH FRIENDS

FRIDAY 5:30 PM – 8:30 PM (180 MIN)

### WHAT IS THIS LEARNING MODULE ABOUT?

THIS LEARNING MODULE HELPS MEMBERS LEARN HOW TO COMPRISE, AND OVERCOME PERCEIVED UNFAIR SITUATIONS.

### SKILLS LEARNED

MEMBERS LEARN STRATEGIES THAT CAN BE USED TO MANAGE FEELINGS OF ANGER, SADNESS, OR ANXIETY. THEY ALSO DEVELOP STRATEGIES TO MANAGE CHALLENGING SITUATIONS.

### WHAT YOU WILL ACCOMPLISH

- DEMONSTRATE THE USE OF LANGUAGE TO GAIN THE ATTENTION OF TEAMMATES, REMAIN AS PART OF A TEAM, AND RESOLVE CONFLICTS
- USE CONFLICT RESOLUTION STRATEGIES TO COMPROMISE WITH OTHERS
- ENGAGE IN GROUP ACTIVITIES WHILE FOLLOWING A GROUP SCHEDULE

### COURSE DELIVERY & EQUIPMENT

THE COURSE IS DELIVERED IN COMMUNITY SETTINGS. MEMBERS REQUIRE A DIGITAL DEVICE SUCH AS AN IPAD, TABLET, OR SMARTPHONE WITH SPECIFIC APPLICATIONS.

### ACTIVITIES

- PUBLIC TRANSIT COMMUTE
- DINNER
- RECREATION OR LEISURE ACTIVITY

FALL & WINTER

## COMMUNITY GROUPS CALENDAR

# Hang out with Friends



## HANG OUT WITH FRIENDS ON A BUDGET

- USE A SMARTPHONE/TABLET TO BUDGET
- USE A SMARTPHONE/TABLET TO NAVIGATE
- USE A SMARTPHONE/DEBIT CARD FOR PURCHASES
- PLAN AND ORGANIZE AN OUTING WITH FRIENDS
- CHAT WITH OTHERS ABOUT YOUR INTERESTS
- BE ABLE TO GO WITH THE FLOW, AS MAJORITY RULES!

## BOARD GAMES WITH FRIENDS AT A COFFEE SHOP

Friday: 10:00 am - 11:00 am (60 min)

### Learning module is about

This learning module helps members learn group rules, and how to use strategies to remain in a group while engaging in leisure activities.

### Skills learned

Members learn how to identify and follow various rules for:

- Taking turns
- Making group choices
- Recognizing their rights & responsibilities
- Recognizing the consequences of their actions
- Making choices that give a desired outcome

### What you will accomplish

- Demonstrates a basic understanding of rules, who enforces rules, and the consequences of breaking rules
- Demonstrates conduct that is in accordance with group expectations and rules

### Course delivery & Equipment

The course is delivered in a community setting. Members require a digital device such as an iPad, laptop, tablet, or Smartphone with internet access.

### Activities

- Order Items from a menu & pay using debit card or Smartphone
- Learn & play board games with friends
- Classroom Dojo Tracking

## MANAGING MY MONEY

Friday 10:00 am – 11:00 am

### Learning module is about

This learning module focuses on developing and consolidating key fundamental mathematical concepts and skills, by solving authentic everyday problems.

### Skills learned

Students have the opportunity to further develop their mathematical literacy and problem solving skills, as well as; develop skills in reading, writing, and oral language.

### What you will accomplish

- Interpret information about different types of remuneration
- Demonstrate an understanding of payroll deductions
- Demonstrate an understanding of the factors and methods involved in making and justifying informed purchasing decisions
- Demonstrate an understanding of taxes
- Plan and justify a route for a trip by public transit
- Interpret information about different modes of transportation

### Course delivery & Equipment

The course is delivered in a classroom setting. Students require a digital device such as an iPad, Tablet, or Smartphone with specific applications.

# SEMI-ANNUAL EVENTS

## SEMI-ANNUAL FORMAL THE SPRING FLING DANCE & FORMAL

### WHAT IS THIS EVENT ABOUT?

PROM IS ONE OF OUR BIGGEST EVENTS OF THE YEAR! MANY OF OUR MEMBERS DID NOT HAVE A CHANCE TO EXPERIENCE PROM, SO WE PUT ONE ON FOR THEM TO SHARE THIS WONDERFUL EXPERIENCE.

### WHAT WILL HAPPEN

EVERYONE WILL RECEIVE A FANCY INVITATION, DRESS TO IMPRESS, AND LOOK FORWARD TO A HIGH-CLASS EVENT TO SHARE WITH THEIR BUDDIES.

WE WILL RECITE PERFORMING GROUPS TO PERFORM FOR THE EVENT. IN ADDITION TO THE TRADITIONAL MUSIC AND DANCING, DINNER WILL BE PROVIDED.

WE WELCOME FRIENDS AND THE COMMUNITY TO SHARE IN THE EXPERIENCE

### PERKS

- DINNER
- DANCING
- PRIZES!



Toronto, Ontario  
(647) 906- 8711  
www.NextStepSupport.com

## Registration Process: 2022 Academic Year

### In order to register, you must complete the following:

1. Book a 1:1 Consultation for Members/Parents/Guardians with a Service Consultant
2. Complete applicable mandatory community groups registration forms
3. Attend planning, community & travel assessment sessions (may not be possible due to public health regulations)
4. Pay applicable payment by etransfer, money order or cheque made payable to "NextStep Support". Please note that 3 months payment is required for new members.

Return by email, mail, or hand delivery.  
Attention: NEXTSTEP SUPPORT INC.

NextStep Clubhouse Mailing Address:

1-3459 Bathurst Street, Toronto, ON M6A 2C3 NextStep

Phone number: (647) 906-8711

Email: info@NextStepSupport.com

### Payment policy

All payments must be paid in full prior to the session start date. Late registrations can be accepted but there are no guarantees on availability, as spots will be given to those who sign up first.

### Missed Outings

Unfortunately, we are unable to refund missed sessions, cancellations with less than 24 hours notice, or cancellations for any ticketed activities.

### Not sure if a particular program is right for you?

Please call our Program consultant, Amberley Henry, at (647) 807-8911 or email ahenry@NextStepSupport.com

# Complete Adult Support We Transition YOUR Life “Every STEP of the Way”



**NextStep**  
Support Services

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