

# TAKE YOUR NEXT STEP

AND CHANGE YOUR LIFE FOR THE BETTER!

## OUR FOCUS IS PERSONAL DEVELOPMENT... FOR YOUR NEXT

### COMMUNICATION SKILLS

- Functional skills for work, community, social & personal

### SELF-REGULATION & SOCIAL SKILLS

- Express feelings
- Manage anxiety
- Manage negative thoughts & emotions
- Create a positive self-image
- Interact positively with others
- Social Cognition
- Perspective-taking
- Understand expected vs. unexpected

### SELF-HELP & ADVOCACY

- Assess themselves & their needs
- Awareness of accommodations they need
- Communicate clearly & Advocacy needs
- Knowledge of their rights to these accommodations

### CHOICE & CONTROL

- Communicating preferences
- Understanding your limits
- Person Directed Planning

### EXPANDING THE WORLD

- Finding new and exciting ways to expand your interests, develop your hobbies, and make new friends

### ADAPTIVE SKILLS

- Real-life problem solving
- Dealing with the unexpected and unplanned
- Develop strategies to keep safe
- Where to go for help

### SAFETY

- Personal safety
- Community safety
- Workplace safety

## STRUCTURED TRANSITION ENGAGEMENT PLAN

WE CONSULT WITH A MEMBER AND HIS OR HER PERSONAL NETWORK, TO CONSIDER AS MANY FACTORS AS POSSIBLE IN ESTABLISHING A WELL-ROUNDED AND EFFECTIVE TRANSITION PLAN. THE GOAL IS TO REDUCE HIS OR HER SUPPORT NEEDS, WHILE SUPPORTING 35 HOURS OF ENGAGEMENT WITH HIS OR HER NEXT STEP!

## COMMUNITY STEP PROGRAM

The program utilizes our NextStep Clubhouse. This is a full year, day program. It is best for youth and young adults 18+ years old; on the autism spectrum or who are facing social and/or emotional challenges; who have support needs for community engagement; or who are interested in volunteering and learning new skills. It is a flexible program that focuses on community inclusion, personal development and teaches the skills necessary for members to have flexible thinking, make their own choices and manage challenging or emergency situations.



[HTTPS://NEXTSTEPSUPPORT.COM/COMMUNITY-STEP](https://nextstepsupport.com/community-step)

**COMMUNITY STEP PROGRAM**

Our Community STEP program is a full year program that coincides with the academic calendar. It is best for adults who prefer to work on community living and life skills; and are working on independence in the community. The program includes transit training; life skills training for increased independence; coaching to understand laws and/or social expectations; Support to socialize with peers. Groups are staffed at a 6:1 participant to staff ratio. Activity fees extra.

**PROGRAM SPECIFIC REQUIREMENTS**

Gym Membership ..... Required  
Training Equipment.....\$20.00/month

**6 HOUR DAILY FEE: \$70**

**COMMUNITY STEP BENEFITS:**

- Use a device to budget
- Plan and organize an outing with friends
- Use a device to navigate
- Chat with others about your interests
- Use a device or debit card for purchases
- Be able to go with the flow and adapt to change

**MONTHLY REQUIREMENTS**

Toronto Library Card..... Required  
TTC Support Card ..... Required  
Presto Card..... Required  
Access2 Entertainment Card..... Required  
Assessments & Reports..... Included  
STEP Planning..... Extra  
Smartphone or Tablet with, Talk/Text/Data ..... Required



**CITIZENSHIP AND COMMUNITY:**

- DEVELOP QUALITIES OF GOOD CITIZENSHIP
- SHARE COMMUNITY RESOURCES WITH OTHERS
- MANAGE CHALLENGING SITUATIONS
- KEEP PERSONAL BELONGINGS SAFE
- KEEP PERSONAL INFORMATION PRIVATE

*“ 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 and have a certain behaviour at work..... also helped me have stronger friendships. I would strongly recommend NextSteps because you have made sure whoever you teach reaches their best and shines in their future. ”*

**TESTIMONIAL Hassan – Former Student**