

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

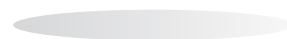
- Real-life problem solving
- Dealing with the unexpected and unplanned
- Develop strategies to keep safe
- Where to go for help

SAFETY

- Personal safety
- Community safety
- Workplace safety



STRUCTURED TRANSITION EMPLOYMENT 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 ENGAGEMENT WITH HIS OR HER NEXT STEP!

WORK STEP PROGRAMS

This is a Job Training and employment program best for adults who are ready to transition into the workforce. Participants may face a variety of barriers to employment, including: disability, lack of education or experience, or socio-economic barriers. Participants learn to navigate and engage in workplace settings.

The program utilizes our NextStep residential sites, Community Hubs, Community Venues and our Clubhouse located at the corner of Bathurst Street and College Street, in Toronto, Ontario.



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

FACILITATOR IN TRAINING (F. I. T.) PROGRAM

Program Benefits

- 300 Hours of on the job training
- Support your community
- Discover your strengths and talents
- Develop skills in an area of interest
- Train for a job as a Group Facilitator or Event Facilitator
- Join the team upon completion of 300 hours

MONTHLY FEE: \$415

WORK STEP 2

College & University Co-op Program

- Learn valuable work skills
- Work for a cause
- Connect with others who share your interests
- Train for a Lead Facilitator or Position
- Join the team upon Graduation

WORK STEP 3

12 month: Contract Employment

- Join the workforce
- Help others
- Gain valuable work experience
- Work as a Group Facilitator or Event Facilitator
- Work 3.5-6 hours weekly
- Qualify for career advancement

MONTHLY REQUIRMENTS

TTC Support Card	Required
Presto Card.....	Required
Assessments & Reports.....	Included
STEP Planning.....	Extra
Smartphone or Tablet with, Talk/Text/Data	Required
Training Equipment.....	\$20.00/month
CSI Membership	Required

SKILLS WILL BE DEVELOPED IN:



- **JOB SPECIFIC LANGUAGE TRAINING**
- **JOB SPECIFIC TRAINING**
- **WORKPLACE HEALTH & SAFETY**
- **USING PUBLIC TRANSIT**
- **USING TECHNOLOGY APPS**

“ *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