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Supporting Transitions Through Adulthood & Lifestyles of Choice

WHAT'S IN YOUR NEXT STEP?

WITH EVERY TRANSITION INTO ADULTHOOD WE CONSULT WITH:

- INDIVIDUAL & PERSONAL SUPPORTS
- PARENTS
- FRIENDS
- INFLUENCERS
- SIBLINGS
- TEACHERS/INSTRUCTORS

TO CONTRIBUTE TO A WELL-ROUNDED, FULFILLING AND COMPLETE ADULT LIFESTYLE OF CHOICE.

PARTS OF A COMPLETE LIFE

- Meet your **Hopes & Dreams** and relieve your **Fears & Anxieties**
- Meet your **Wants & Needs**
- Have a **Community Engagement** component
- Have a **Social Life** component
- Have a **Home Life** component
- Have **Work / Purposeful Activity** component

Developing a Transition Plan of Choice

1. Choose a Community Engagement Plan
2. Choose a Personal Development Plan



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1. Choose a Community Engagement Plan

Social STEP:

TRY NEW THINGS & MEET NEW PEOPLE.

Social STEP Groups give you the opportunity to meet people and experience cultural festivals and attractions. This package is most suitable for individuals who are independent in the community and social environments. Groups are staffed at a 6:-12:1 participant to staff ratio. Food & travel costs extra. Additional fees apply for individuals with additional support needs. E.g. 1:1-6:1 support needs.

My 1 STEP:

GET READY FOR YOUR NEXT STEPS AFTER HIGH SCHOOL!

My 1st STEP is a call to action! It is specifically designed for individuals who are transitioning into the community for the first time. It is a structured program that focuses on personal development and teaches the skills necessary for members to be in the community and share spaces. My 1st STEP Groups are staffed at a 2:1-3:1 participant to staff ratio.

Community STEP:

ARE YOU A RECENT HIGH SCHOOL GRADUATE AND PREPARING FOR COMMUNITY LIVING?

This is a full year program, that is best for young adults who are preparing to transition into an adult lifestyle of their choice or into a post-secondary opportunity. It is a flexible program that focuses on personal development and teaches the skills necessary for members to have flexible thinking, make their own choices and manage challenging or emergency situations. STEP Groups are staffed at a 3:1-6:1 participant to staff ratio.

Work STEP:

ARE YOU READY FOR EMPLOYMENT?

This is a Job Training and employment program best for adults who are ready to transition into the workforce and become an employee of NextStep Support. 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.

2. Develop a Personal Development Plan

- Choice & Control
- Communication skills
- Self-regulation & Social Skills
- Self-help & Advocacy
- Safety
- Expanding the World

WHEN WOULD YOU LIKE TO START?

THIS MONTH	2-6 MONTHS	6-12 MONTHS
1	2	3

Choose 2- Choose 10- Remaining

1. Choice & Control...

1	2	3	Understanding your options
1	2	3	Making your own choices
1	2	3	Following your own plan for a Lifestyle of your own choice

2. Communication

1	2	3	Engaging others to get what you need or want
1	2	3	Expressing your feelings so others can support you
1	2	3	Engaging others who you find interesting and entertaining

3. Self-Regulation & Social Skills

1	2	3	Understanding the expected & the unexpected, so you can get what you want
1	2	3	Managing negative thoughts and emotions, so you can feel happy and excited

4. Self-Help & Advocacy

1	2	3	Knowing what you need
1	2	3	Practice asking for thing you need
1	2	3	Knowing your rights and benefits

5. Safety

1	2	3	Practice communicating about your personal health
1	2	3	Expressing feelings for wellbeing or illness
1	2	3	Supported engagement in the community
1	2	3	Expressing your rights
1	2	3	Using work benefits

6. Expanding the World

1	2	3	Practicing solutions to your problems in real-time
1	2	3	Practicing strategies that keep you safe
1	2	3	Practicing accessing resources that you want or need
1	2	3	Practicing getting support and help from those around you