

# TAKE YOUR NEXT STEP 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 Clubhouse, located at 1105 College Street, Toronto, Ontario and our shared spaces at the Centre for Social Innovation, located at 720 Bathurst Street.



**REGISTER AT: [HTTPS://NEXTSTEPSUPPORT.COM/DAY-PROGRAMS](https://nextstepsupport.com/day-programs)**

**WORK STEP FOUNDATIONS**

Our Work Foundations Program 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 workplace and share spaces.

**WORK STEP 1**

3-12 month High School Co-op / Volunteer Job Training.

- Support your community
- Discover your strengths and talents
- Develop skills in an area of interest
- Train for a Group Facilitator Position, and join the team upon completion of 300 training hours.

**PROGRAM SPECIFIC REQUIREMENTS**

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

**WORK STEP 3**

12 months, Contract Employment

- Join the workforce
- Help others
- Gain valuable work experience
- Qualify for career advancement

**MONTHLY REQUIREMENTS**

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

**FEES 12 MONTHS / MONTLY**

Work STEP Foundations .....\$19,188 / \$1,599



**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**