

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 EDUCATION 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!

COMMUNITY STEP PROGRAM

This is a full year program, that is best for young adults who are preparing to transition into an adult lifestyle of their choice. 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.

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/COMMUNITY-STEP](https://nextstepsupport.com/community-step)

COMMUNITY STEP 200

Our Full-time program is a 200 day, full year program that coincides with the academic calendar. It is best for participants who want to work on both job skills and independent living skills. Participants work to increase independence in the community; practice transit training; gain life skills for increased independence; and a better understanding of laws and social expectations. Participants are supported to socialize with peers. Learning groups are staffed at a 3:1 - 6:1 participant to staff ratio. Activity fees extra.

PROGRAM SPECIFIC REQUIREMENTS

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

Fees 12 Months / Monthly
Community STEP 200.....\$16,560 / \$1,380
Community STEP 120..... \$11,520 / \$960

COMMUNITY STEP 120

Our Part-time program is a 120 day, full year program that coincides with the academic calendar. It is best for students who prefer to work on community living and life skills. Part-time participants often take part in other programs on their days off, like our Work STEP programs. Groups are staffed at a 3:1 - 6:1 participant to staff ratio. Activity fees extra.

MONTHLY REQUIRMENTS

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



“ 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