

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 ENGAGEMENT WITH HIS OR HER NEXT STEP!

JOIN THE 1ST STEP PROGRAM

Your 1st STEP is a call to action! It is specifically designed for individuals that 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.

SKILLS WILL BE DEVELOPED IN:

- Following Rules and Expectations
- Using reward systems
- Public Transit use
- using Technology & Lifestyle Apps
- Going to a Gym, Library, Mall and places of Leisure
- Learning Pre-work skills



REGISTER AT: [HTTPS://NEXTSTEPSUPPORT.COM/MY-1ST-STEP](https://nextstepsupport.com/my-1st-step)

MY 1ST STEP 200

Our Full-time program is a 200 day, full year program that coincides with the academic calendar. It is best for students who are graduating from high school and are interested in a full-time program with continuing education. Learning groups are staffed at a 2:1 - 3:1 participant to staff ratio. Activity fees extra.

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

MY 1ST 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 are preparing to transition from high school or who will attend an alternated day program on a part-time basis. Learning Groups are staffed at a 2:1 - 3:1 participant to staff ratio. Activity fees extra.

PROGRAM SPECIFIC REQUIREMENTS

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

Fees 12 Months / Monthly

My 1st STEP 200	\$28,800 / \$2,400
My 1st STEP 120.....	\$17,280 / \$1,440

WHAT DO YOU WANT TO DO?

- WORKOUT AT THE GYM?
- VOLUNTEER?
- HANG OUT WITH FRIENDS?
- JOIN A CLUB?
- GET FIT?
- WORK PART-TIME?



“Through this program; Jonathan’s language, comprehension, anxiety, and how he interacts and socializes in public has improved tremendously. I highly recommend other parents that are looking for social outlets for their children to contact NextStep Support.”

TESTIMONIAL – Janet, Student’s Parent