

TAKE YOUR FIRST STEP TOWARDS A BRIGHT START!

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 STUDENT AND HIS OR HER PERSONAL NETWORK, TO CONSIDER AS MANY FACTORS AS POSSIBLE IN ESTABLISHING A WELL-ROUNDED AND EFFECTIVE EDUCATION PLAN FOR SUCCESS. A MAIN GOAL IS TO REDUCE HIS OR HER SUPPORT NEEDS, WHILE SUPPORTING THE EDUCATIONAL GOALS FOR HIS OR HER NEXT STEPS!

ACADEMIC FOUNDATIONS

This is best for youth 13+ years who are preparing for credit courses. Our Academic Foundations program focuses on Pre-Credit/Remedial content. It is designed to focus on the continued development and remediation of prerequisite skills needed for entry into credit courses, and/or focus on continued remediation of literacy and numeracy skills to the student's potential. Depending on abilities, needs and working levels, students may participate in the pre-credit program for one, two or more years. Pre-credit courses are not credit-earning courses. Most courses are taught in parallel with, and use the credit curriculum, but proceed at a slower pace and do not cover all of the content required to earn a credit. Other courses are purely remedial and focus on decoding skills, comprehension or foundational math. It is possible to be enrolled in some Pre-credit/Remedial courses, and some Credit courses.



"The greatest gifts we can give our children are the roots of responsibility and the wings of independence."



318-4630 Dufferin Street
 Toronto, ON M3H 5S4
 (416) 514- 1415
www.brightstartacademy.info

CONTACT US AT: [HTTPS://WWW.BRIGHTSTARTACADEMY.INFO/](https://www.brightstartacademy.info/)

COMMUNITY & CITIZENSHIP

- DEVELOP QUALITIES OF GOOD CITIZENSHIP
- SHARE COMMUNITY RESOURCES WITH OTHERS
- MANAGE CHALLENGING SITUATIONS
- KEEP PERSONAL BELONGINGS SAFE
- KEEP PERSONAL INFORMATION PRIVATE

ACADEMIC FOUNDATIONS

This full year program is best for participants who want to work on both Pre-Credit/Remedial skills and independent living skills. Pre-Credit courses include English, Math and Science or Social Science, Arts, and other curriculum areas which are offered in alternate years. Most courses are taught in parallel with, and use the credit curriculum, but proceed at a slower pace and do not cover all of the content required to earn a credit. Other courses are purely remedial and focus on decoding skills, comprehension or foundational math.

Participants also 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

MONTHLY REQUIREMENTS

Toronto Library Card..... Required
 TTC Support Card (if applicable) Required
 Presto Card..... Required
 Access2 Entertainment Card..... Required
 Assessments & Reports..... Included
 STEP Planning..... Extra
 Smartphone or Tablet with, Talk/Text/Data Required

FUNCTIONAL ACTIVITIES

TTC ROUTE PLANNING

- Learn how to access bus schedule
- Understand the subway line, street cars and bus routes
- Using a TTC Presto card and how to pay for bus fare
- Download and navigate the TTC app on smart phone or tablet
- Access public wifi

MONEY MANAGEMENT

- Creating a budget
- Understanding expenses
- How to open a bank account
- Depositing and withdrawing funds from a chequing account
- Using a debit card
- Sign a signature

SOCIAL PLANNING

- Creating a weekly schedule
- Making plans with friends
- Understanding socially appropriate activities with peers
- Conversation skills

INDUSTRIAL ARTS

- Locating tools and appliances at a hardware store
- Understand the function of simple tools
- Learn how to replace household items
- Assemble furniture by following an instruction manual

LIBRARY

- Learn to obtain a library card
- Use of librarian services
- Take out books, use computers

