

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!

COMMUNITY FOUNDATIONS

This is a full year program, that is best for youth 13+ years who are preparing to leave secondary school being granted a Certificate of Accomplishment, having not met the requirements for the Ontario Secondary School Diploma or the Ontario Secondary School Certificate. The Certificate of Accomplishment may be a useful means of recognizing achievement for students who plan to take certain kinds of further training, or who plan to find employment directly after leaving school. The Community Foundations program is flexible and focuses on personal development, instructing students on the skills necessary to be good community members, to have flexible thinking, make their own choices and to manage challenging situations. This program is provided in collaboration with NextStep Support.



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



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COMMUNITY & CITIZENSHIP

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

COMMUNITY FOUNDATIONS

This full year program 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

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

LIBRARY

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

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

WORK PLACEMENT

- Students will learn to stock a shelf (grocery or toiletry)
- How to categorize products based on use
- Understand pricing, sales and labelling
- Volunteering at food bank / charity

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

RESTAURANT

- Learn which restaurants serve particular types of cuisines
- Navigate through the menu to choose meals that they like
- Order meals and make modifications as necessary
- Understanding when and where it's appropriate to tip
- Pay for their meals using money or debit cards
- Nutrition guidelines

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

