

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/WORK-STEP](https://nextstepsupport.com/work-step)

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 and help others
- 60 hours of work preparation workshops
- Up to 26 weeks of paid placement training
- Qualify for career advancement after 12 months of continuous employment

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 / MONTHLY

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