

Connect & Thrive Program

For Teens & Young Adults with Disability
(ASD, ID, Neurodivergent Profiles)

9:00AM - 3:00 PM - 10-Week Program

Program Overview

Welcome to Connect & Thrive

Connect & Thrive is a 10-week centre-based social and life-skills program designed for young people with disability. Through structured activities, games, discussion, creative projects, and supported peer interaction, participants strengthen confidence, communication, emotional regulation, and friendships in a safe and positive environment.

Who Is This Program For?

- Teens aged 13-17
- Young adults aged 18-25
- Participants with ASD, Intellectual Disability, ADHD, anxiety, or those who benefit from a structured social environment
- Verbal or non-verbal participants (visual supports used throughout)

Program Goals

- Build friendships and positive peer relationships
- Strengthen communication and social confidence
- Develop emotional regulation strategies
- Increase independence through routines and skills
- Improve problem-solving and teamwork
- Explore interests such as art, games, gardening, and cooperative play
- Experience enjoyment and connection in a predictable, safe setting

Why Choose Us?

- Neurodiversity-affirming
- Predictable structure
- Visual supports & step-by-step instructions
- Low-pressure social opportunities
- Highly supported activities suitable for ASD/ID
- Engagement through interest-based learning

