

Social Distancing: Online Social Groups Campaign

Friendship5

NextStep Support

We have been working hard to develop a team at NextStep Support Inc. that provides a wide array of support services including Behaviour, Educational, Social and Support Services for our members. I am very excited to inform you that based on the successes of this year's pilot and contract projects, that we will be expanding our services in a staggered rollout of new services throughout 2020.

Aces & Guides anchors our service around a sustainable organizational model, one that puts our members at the centre of everything we do.

We are interested in accessing group discounts for members to maintain low activity fees per member, to keep fees as low as possible. This requires minimum group attendance. To this end, please speak to your friends, colleagues and schools about our social groups as our growth means lower cost for our members and the advantages of increased social opportunities.

We are expanding our groups across the GTA to deliver online social opportunities to youth aged 13-29 years with ASD and other exceptionalities in a sustainable manner. Members engage in leisure & recreational activities that promote social and life skills development. Each group of 5 members is managed individually to cater the needs of its members. All groups maintain 5:1 member to staff ratio. Groups are formed based on member interests and abilities.

Goals for members:

- Explore exciting new experiences in positive and safe environments
- Share new and familiar activities with friends and peers
- Use effective communication to strengthen self-confidence and self-advocacy
- Foster and strengthen friendships with other members
- Develop an awareness social distancing, community and a sense of belonging

Friendship 5 Programs

1. Online Social Groups ←-----6 ft -----→ Social Distancing

Ages 18+ years

Starts: Monday, March 30, 2020

Friendship 5 Club offers year-round Online Social Groups to all members. Each Club meets weekly online, to facilitate members in practicing life and social skills and in building friendships in a safe and supportive environment. Well trained staff facilitate group interactions and lead interesting and engaging activities for our members. Members complete various activities such as budgeting, shopping, dinner prep, take-out, team building, Conversations, Social Pragmatics, Smartphone & Tablet use, meal planning, shopping for items, food preparation and serving sizes, recreational and leisure activities, healthy living, personal safety and community awareness, and Social Distancing

Membership Benefits:

- Online Community
- Practice your social skills
- Meet others who share your interests
- Inclusive of 18 years+ of the neurodiverse community
- Be safe in public
- Share experiences with peers
- Enjoy making choices about your day
- Cultivate friendships

Core Values

1. Commitment to “Explore New Experiences”

Our groups engage a wide variety of interests. We facilitate our members to share experiences in a safe manner. Members follow Individualized Plans and Schedules that promote personal development and growth. Members engage in:

- Guided conversations, Group chats & Online Safety Resources
- Social forums & Educational content
- Exploration of Venues and Topics of Interests such as: Centre Island, the Ontario Science Centre, Rinx Entertainment Complex, Dave & Busters, Ricoh Coliseum, the Air Canada Centre and the Roger’s Centre for events including, Raptors basketball games, Blue Jays baseball game, Argonauts football games and Marlies Hockey games.

2. Enjoy “Familiar Experiences with Friendships”

Friendships begin with shared experiences and provide motivation for language and social skills development. The goal of Friendship 5 is to provide parents and guardians with a reliable alternative to support their loved ones in strengthening their communication skills, building friendships and meaningful relationships with others, and increasing social interactions and independence in the community.

3. Use of “Effective Communication with Confidence to meet Needs”

Social Distancing awareness encourages positive behavior, helps participants develop a strong sense of expected and unexpected behaviour and enables our members to increase their independence in the community. We support our members in living healthy, safe and responsible lives.

4. Development of “Friendships with Friendship 5 Members”

We support lifelong learning and community inclusion. We believe it is the responsibility of a community to help its members lead more independent and fulfilling lives. Our mission is to provide community living skills development within a safe and nurturing environment that promotes independence and client centered approaches to learning. The Friendship 5 club gives parents and caregivers peace of mind during their busy workdays, knowing that their loved ones will have fun, be supported and practice valuable life and social skills.

ACES GUIDES: DAY PROGRAM

Camp in the City

Ages 18+ years

Monday - Friday 9:00 AM to 3:00 PM

Starts September 1, 2020

Note: Start date dependent on Public Health Regulations due to COVID-19 Pandemic

More information here: <https://nextstepsupport.com/my-1st-step>

Friendship 5 offers Camp in the City to youth and young adults with exceptionalities. Continue to enjoy all the fun of summer camp weekdays with your friends, while in the GTA. We deliver individualized programs that promote the development of life, social and vocational skills during overnight stays in the city. This program is supported by NextStep Support and is attended by many campers who attend Camp Kennebec, Camp Kodiak or The City of Toronto Parks & Recreation Day camps, during the summers.

At Camp in the City, members can continue friendships or meet new friends who they could see at camp. We cater to a range of exceptionalities; including learning disabilities, ADD, Autism, Aspergers, and social or behavioral challenges. Weekday programs offer the following activities and skill building opportunities:

Independent Living

- Budgeting
- Community Rules
- Cooking
- Domestic Activities
- Navigating Community
- Personal Care
- Road Safety
- Shopping
- Street Sense

Recreation

- Archery
- Biking
- Fishing
- Hiking
- Personal Fitness Programs
- Sports
- Swimming
- Yoga

Social

- BBQs
- Camp Fires
- Camping
- Group Games & Activities
- Group Work & Job Tasks
- Movies
- Parties and Social Groups

Community Outings

- Amusement Parks
- Bowling
- Games Arcades
- Mini Golf
- Movie Theatre
- Plays, Shows & Concerts
- Restaurant Dining
- Sporting Events

Leisure

- Computer access & Wi-Fi
- Games
- Karaoke
- Movies
- Photography
- Video Games
- Video Making

Job Readiness

- Bike Repair & Maintenance
- Camp Staffing
- Food Prep
- Landscaping
- Domestic Care
- Pool Maintenance
- Vehicle Detailing

ACES ♡ GUIDES: WEEKDAY EVENINGS

Youth ♡ Young Adult **Community Outing Groups**

Ages 13-18 years & 19+ years

Tuesdays & Thursdays, 2:00 pm – 6:00 pm

Starts June 1/August 1, 2020

Note: Start date dependent on Public Health Regulations due to COVID-19 Pandemic

Sign up here: <https://acesguides.com/ola/services/aces-group-alumni-communities-event-staff-group>

Friendship 5 Club offer year-round Outings groups Tuesdays and Thursdays in the Greater Toronto Area. These groups meet at convenient community locations. Members develop and practice social skills through various community outings.

Our goal is to practice skills in the areas of conversations, social pragmatics and using a telephone; planning, recreational and leisure activities; health, safety and community awareness; and using public transportation.

Youth ♡ Young Adult **Social Events**

Ages 13-18 years & 19+ years

Fridays, 6:00 pm – 9:30 pm

Starts June 1/August 1, 2020

Note: Start date dependent on Public Health Regulations due to COVID-19 Pandemic

Sign up here: <https://acesguides.com/ola/services/dinner-dance>

Friendship 5 Club offer year-round social Events on Fridays in the Greater Toronto Area. These groups meet on a weekly or bi-weekly basis to facilitate members in practicing social skills and in building friendships in a safe and supportive environment. Social events include movies, dances and parties/gatherings and promote participants to use their skills in the areas of conversations, social pragmatics and leisure activities, as well as health, safety and community awareness.

ACES & GUIDES: WEEKENDS

Community Socials

Ages 13-18 years & 19+ years

Weekends 12:00 PM to 6:00 PM

Starts June 1/August 1, 2020

Note: Start date dependent on Public Health Regulations due to COVID-19 Pandemic

www.AcesGuides.com

The purpose of the Community Socials is to provide opportunities to socialize with new peers and engage in fun activities in a safe and supportive community environment. We provide activities that promote health, safety and the development of social skills and communication. Our members enjoy many activities including movies, bowling, mini golf, arcades & restaurants, sporting events, musical events, theatre events and dances while developing and strengthening friendships.

Camp Getaway

Ages 19+ years

Overnight Weekend Stays – Fridays 2:00 PM to Sundays 6:00 PM

Starts June 1/August 1, 2020

Note: Start date dependent on Public Health Regulations due to COVID-19 Pandemic

Sign up here: <https://nextstepsupport.com/weekly-respite>

Friendship 5 offers a camp getaway for young adults with exceptionalities. Enjoy all the fun of summer camp over a weekend with transportation. We deliver individualized programs that promote the development of life, social and vocational skills. We cater to a range of exceptionalities; including learning disabilities, ADD, Autism and social challenges.