

# Community Participation Support Program



LITERACY

WELLNESS



COOKING

EMPLOYMENT

## Introducing: New Fee for Service Programming

We are excited to announce that our fee for service Community Participation Support Program is now open and available to everyone in York Region.

Our fee for service Community Participation

Support Program offers full range of transitional and educational programs, employment and volunteer placement services, life skills and cooking classes as well as recreational programs.

Our new service options will allow more individuals access to supports and services that will provide them with the necessary life and job skills to reach their full potential.

Supports and rates are based on a 1:5 ratio.



## WELLNESS PROGRAMS

Offers individuals the opportunity to learn about nutrition, healthy cooking, sports, exercise, and how each can benefit body and mind.

### PROGRAMS INCLUDE:

- Health and Hygiene
- Nutrition
- Sports
- Yoga Classes
- Relationship Workshop
- Swimming
- Recreation

## EMPLOYMENT PROGRAM

Our Employment Strategies Program assists people with securing and maintaining employment and volunteer placements.

### SUPPORTS INCLUDE:

- Job preparation—resumes applications, and interviews
- On the job training
- Job recruitment in various fields including: industrial maintenance, janitorial services, food services, retail, clerical and general labour

## LITERACY PROGRAM

Our Literacy Program teaches individuals basic literacy skills including, letter/word recognition, verbal communication, sign language, numeracy, recognition of money, and purchasing skills. Different teaching strategies are introduced to accommodate diverse learning styles. Our Literacy Program makes a tremendous impact on the lives and independence of people we support.

## COOKING PROGRAM

Our cooking programs teach participants the necessary skills to cook simple and healthy meals and snacks in a relaxed and comfortable environment. The program not only builds confidence and increases independence it also provides participants an opportunity to practice skills like math and reading in a practical setting. Participants learn food safety, selection, preparation, baking and cooking while having fun. At the end they get to enjoy their creations! [We offer our onsite \*\*You're the Chef\*\* program and also weekly offsite community based cooking and baking classes.\\*](#)

*\* There are occasionally minimal additional fees associated with off-site classes*

## PRICING

### FULL DAY

9 a.m.—4 p.m.

\$80

### HALF DAY

9 a.m.—12 p.m. & 1 p.m.—4 p.m.

\$40