



## CLUB INCLUSION

Dear Members, Parents, and Carers,

Registration for the 2023/2024 is now open! Please read through the program information and registration forms carefully as there have been some changes to the programs being offered next year.

We are so happy to share that Club Inclusion will be offering 2 exciting Day Programs from September 2023- June 2024 made possible through the continued support of the Department of Community Services.

**Moving On Up:** Youth Program (Recreation, Life, and Work Skills)

**Club Start Up:** Recreation & Business Program (Pop Up Shops, Life Skills, Recreation)

We are also excited to announce that thanks to the support of the Mental Health Foundation of Canada, we will also be offering a new program that will run as part of the Day Program for the 2023/2024 year.

**Music and Movement:** A Music Therapy and Inclusive Dance Program

Our **Youth Program (Moving On Up)** is a program created to build skills and experiences that will support young adults create a path to the future of their choosing. Club ensures this program is inclusive to all abilities by using recreation as a way to provide fun educational activities. This program has terms outlined by the government, including a suggested age limit of 24.

Our **Recreation & Business Program (Club Start Up)** is a rec-based Day Program that provides opportunities for members to come together to try new things, explore creative business ventures, take part in recreational activities and outings, and build skills and confidence together with friends. Activities are developed around the wants and needs of our members, and are accessible to people of all abilities.

The new **Music and Movement Program** is a music therapy and dance program that brings together individuals and their care givers to develop friendships, support systems, community, and success.

Spaces in these programs are limited and we cannot guarantee everyone will get what they ask for. Club Inclusion does not use a “first past the post” registration, and instead gives as many people as many days as possible. Most people can expect to get half the number days they request. If you are able to be flexible with the days and times you are available, you will be more likely to receive multiple visits each week.

DCS supported rate spaces are limited, and we understand that some members may be looking for more than 2-3 days per week. This year, participants who would like a fuller week can request additional days as available at an increased rate of \$60/day.

Please note additional forms through DCS will be required once registration is complete. **You must have a valid SIN number to qualify for the DCS funded program daily rate.**

On days with afternoon Drop In Club (Mondays, Wednesdays, and Thursdays) members are able to stay right through for an additional Drop In fee.

See the following pages for program information and registration forms.

**Please contact JUSTIN MCGARRAGH with questions or to submit your application to [justin.clubinclusion@gmail.com](mailto:justin.clubinclusion@gmail.com) before May 30th<sup>th</sup> at 9am.**

At this stage we are directly advertising to people who are current Day Program users, those on the waitlist, and members who regularly use programs throughout the year. Spaces will be offered first to these members, and any remaining spaces will be opened up to the wider community following.

Warm wishes,

Jackie and Justin

Jackie Rivers

General Manager

[jackie@theclubinclusion.com](mailto:jackie@theclubinclusion.com)

Justin McGarragh

Program Director

[justin.clubinclusion@gmail.com](mailto:justin.clubinclusion@gmail.com)



## CLUB INCLUSION

### MOVIN ON UP

#### YOUTH PROGRAM

This program is suitable for people aged 16-24, and uses a recreation model to teach skills. This program is inclusive to all abilities and each program is tailored to the individual. **If you are older than 24 but feel that this program would suit you, please still apply!**

The Leader In Training Program (LIT) is an optional part of the Youth Program where participants learn and practice leadership skills to plan and lead activities at Club Inclusion Day Program and Drop In Club. LIT participants also experience and are connected to fair wage employment opportunities throughout the year.

The Youth Program is offered on:

Mondays in Halifax 9-2:30pm – LIT PROGRAM (2652 Joseph Howe Drive)

Tuesdays in Dartmouth 9-2:30pm (70 King St.)

Fridays in Halifax 9-2:30pm (2652 Joseph Howe Drive)

Ratios are typically 1:4 for Staff: Participant support. If you require 1:1 support, please provide.

DCS funded rate is \$15 per session (SIN # required)

To help increase the number of spaces available in programs each day, this year Club Inclusion will also be offering privately funded spaces as available at \$60/ day to those interested.

#### PROGRAM GOALS

In this program we will be working on 5 area skills (we have included an “easier to read” version below).

**Having more control over your life:** Making choices, getting more confidence, planning your goals, telling people what you want (this could range from using PECS to registering to vote, depending on the individual). *Please note: There will be some homework for this- such as registering to vote).*

**Building skills to meet your basic needs:** Shopping, getting around in the community, dress to impress, intimacy and romantic relationships, making a simple meal, using money, phones and social media, and learning skills for cooking. *Please note: Outings will only take place when it is safe to do so.*

**Having the skills to lead healthy and safe lives:** Inclusive dance, sports and active games, road safety, visiting a doctor’s office, emergency visits, kitchen safety, how to know when you are sick, understanding consent, personal safety in real life and with social media, the “circle program”, and more.

**Being included in the community:** Music therapy, community walks, joining a club, choir or gym, making plans with friends, learning and practicing social skills, volunteering, choosing and trying out new places to go, riding the bus, and more. *Please note: there will be some homework for this. All outings into public community spaces will take place only when it is safe to do so.*

**Having skills and ideas for money making:** Working as part of a team on money making projects, visiting workplaces that interest you, selling yourself, thinking about what you are good at, and what you enjoy, practicing skills you will need for your career, completing work placements, taking part in the Leader In Training (LIT) program to gain online programming skills. *Please note: There will be some homework for this, such as visiting a possible workplace that interests you.*

We will use games, theatre, special guests, role play, videos, friendship, demonstration, active games, and lots of new experiences to develop these skills.



## CLUB INCLUSION

### YOUTH PROGRAM

#### GOALS: EASY to READ Version

In this Day Program, we will be learning lots of new things for being independent and leading the life you choose.

If you want to take part you will be working on these things:

#### **Have more control over your life:**

We hope you will be proud of yourself

We will find out what we are good at

We will try saying 'yes' and 'no'

We will make plans for the future- you may have plans that are just for you!

#### **Learn to look after yourself:**

We will learn about shopping for food

We will learn to get around in the community

We will learn about going on a date with a friend

We will learn to cook simple meals

We will try using a phone, money and Facebook

#### **Lead a healthy and safe life:**

We will try crossing roads and being safe

We will learn about the emergency services

We will practice being safe in the kitchen

We will talk about how to know when you are sick

#### **Living in a city or town:**

Join a choir, club or gym

We will make plans with friends

We will go to new places

#### **Making Money**

We will work with our friends and try to make money

We will find out about jobs that we might like

We will try doing things for a job like meeting people or finding professional clothes.

We will learn to run programs in the Online Hang Out group for other members.

We will use games, theatre, special guests, video, outings, friendship, and lots of fun activities to learn these skills.

Questions? Please contact Justin McGarragh at [justin.clubinclusion@gmail.com](mailto:justin.clubinclusion@gmail.com)



## CLUB INCLUSION

### CLUB START UP

#### RECREATION & BUSINESS DAY PROGRAM

**Club Start Up** is suitable for people ages 17 and over. The focus of this program is on recreation, team building, group work, trying new things, learning new skills, working together on creative business projects, and wellness.

Brunch Club is an optional part of the Recreation and Business Program that offers cooking and life skills opportunities for participants where we learn about healthy eating, meal planning, as well as make and eat brunch together. This program will be offered for 3 separate terms and spaces are limited. **Participants should expect to only receive ONE term of Brunch Club.**

Brunch Club sessions are \$25 per session.

Recreation and Business Program is offered on:

Mondays 9-2:30pm Club Halifax (2652 Joseph Howe Drive)  
Wednesdays 9-2:30pm Club Halifax (2652 Joseph Howe Drive)  
Thursdays Club Halifax 9-2:30pm (2652 Joseph Howe Drive)

Ratios are typically 1:4 for Staff: Participant support. If you require 1:1 support, please provide.

DCS funded Business and Rec Sessions are \$20 per session. (SIN # required)

To help increase the number of spaces available in programs each day, this year Club Inclusion will also be offering privately funded spaces as available at \$60/ day to those interested.

#### Program Goals:

##### Outcome 1:

Adults will have friendships and a good quality of life. We will create opportunities for growth by:

- Visits in the wider community (*Please note: Outings will only occur when deemed safe to do so*)
- Wellness workshops such as music therapy, meditation, spa, inclusive dance, art therapy etc.
- Physical activity such as yoga, walking, sports, and active games
- Focus on skills, communications, and relationship building

##### Outcome 2:

Adults will explore creative business ventures and take part in employment related activities.

Individual Income: Participants will work on and earn income through individual and/or small group business ventures.

Group Employment: Participants will work together as a team to develop skills needed to start their individuals business. Participants will volunteer in the community.

Questions? Please contact Justin McGarragh at [justin.clubinclusion@gmail.com](mailto:justin.clubinclusion@gmail.com)



## CLUB INCLUSION

### MUSIC AND MOVEMENT: HEARTS IN HARMONY

#### A MUSIC THERAPY AND INCLUSIVE DANCE PROGRAM

**Music and Movement** is suitable for participants ages 12 and over. This program provides a weekly gathering where everyone can come together to engage in fun with friends. Fun, inclusive, and accessible music therapy and inclusive dance sessions will be offered to people of all ages and abilities. Music therapy is provided through the support of the Maritime Conservatory.

Music and Movement is offered on:

Tuesdays 1pm-4pm (2652 Joseph Howe Drive)

Ratios are typically 1:4 for Staff: Participant support. If you require 1:1 support, please provide.

Music and Movement sessions are \$20 per session.

#### **Program Goals:**

##### Outcome 1:

Individuals with complex disabilities will have access to fun musical programming that is inclusive, accessible, and engaging.

##### Outcome 2:

Club Inclusion will work with families/ support systems to create a plan that facilitates inclusion, and help members who traditionally need 1:1 support to try transitioning to being semi-supported at programming.

##### Outcome 3:

Improve the mental health of participants and their supports by providing opportunities for engagement and connection by expanding their social circles and program routines.

Questions? Please contact Justin McGarragh at [justin.clubinclusion@gmail.com](mailto:justin.clubinclusion@gmail.com)



## CLUB INCLUSION

### DAY PROGRAMS APPLICATION FORM

Please read through all the program information carefully and let us know if you have any questions. Be sure to complete **each page/ section** of this registration package. Incomplete registrations will not be processed.

Participant Name & Pronouns:

Participant Cell Phone:

Participant Home Phone:

Participant Email:

Participant Home Address:

Participant Age and Birthday:

Emergency Contact Person Name:

Relationship to Member:

Emergency Contact Person Emergency Phone:

Emergency Contact Person Cell Phone:

Emergency Contact Person Email:

Emergency Contact Person Mailing Address:

Important Medical/ Allergies/ Support Information:

*Please tell us about any allergies, seizure disorders, asthma, behavioural or emotions challenges, or possible emergency situations:*

Actions to take (please attach more sheets as needed):



# CLUB INCLUSION

Participant Name: \_\_\_\_\_

**Please circle the programs/days you are interested in below.**

*The more flexibility you have, the more likely you will be to receive multiple days.  
DCS funded spaces per day are limited.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brunch Club Club Halifax  9am-12pm (\$25/ session)  <b>Includes:</b> Health Eating, Meal Planning, Cooking, and Eating Together	Youth Program Club Dartmouth  9am-2:30pm (\$15/session)  <b>Includes:</b> Vocational/Life/ Social Workshops, Business Hub, Volunteering, Outings, Inclusive Games & Activities, Special Guests	Recreation & Business Club Halifax  9am-2:30pm (\$20/session)  <b>Includes:</b> Life and Social Skills, Art's n' Crafts, Business Hub, Cooking, Outings, Inclusive Games & Activities, Special Guests	Recreation & Business Club Halifax  9am-2:30pm (\$20/session)  <b>Includes:</b> Leadership, Business Hub, Vocational/Life/ Social Skills, Dance, Outings, Inclusive Games & Activities, Special Guests	Youth Program Club Halifax  9am-2:30pm (\$15/ session)  <b>Includes:</b> Skill Development Workshops, Volunteering and Event Planning, Business Hub, Outings, Inclusive Games & Activities, Special Guests
Youth LIT Program Club Halifax 9-2:30pm (\$15/session)	Music and Movement Club Halifax 1pm-4pm (\$20/session)  <b>Includes:</b> Music Therapy with Maritime Conservatory, Inclusive Dance, Games & Special Activities.			
Recreation & Business Club Halifax 11:30-2:30 (\$20/session)  <b>Includes:</b> LIT Led Programs, Life and Social Skills, Inclusive Games & Activities, Special Guests				

To help increase the number of spaces available in programs each day, this year Club Inclusion will also be offering privately funded spaces as available at \$60/ day to those interested.

I would like the opportunity for additional days at \$60/ day as available.

I would **NOT** like the opportunity for additional days at \$60/ day.

Please list any days you know you are NOT able to attend:





## CLUB INCLUSION

Which Club Inclusion programs do you currently take part in?

Please list school, work, activities, or other programs you are currently enrolled in during the daytime:

Are you currently on a waitlist for another program? Please let us know which program and how long you have been on the waitlist for.

Please tell us why you would like to take part in Club Inclusion Day Program.

Will you bring a support worker? YES NO

Please see our support worker policy below.

### **1:1 Support Policy**

When making decisions about 1:1 support, we will err on the side of caution to ensure the safest and most enjoyable program experience for everyone.

You will need to bring a support worker, or helper, if you need it for any of these safety reasons:

- If you might leave on your own and this would not be safe for you
- If you might have behaviour, or impulse control programs, that would make it unsafe for you or for others
- If you have severe health issues that mean you need to have trained medical support with you at all times

We may ask you to bring support for outings or selected activities if you are not able to independently participate or fully participate safely, or if there may be a trigger for unsafe behaviour.

In order to ensure that we can provide the right level of support and the very best program experience for you, we ask that you please give us as much information as you can in this application. We will truly try our utmost to make the accommodations you need. However, if during our program we find that you are not able to participate fully without 1:1 support, and you have not told us about this in advance, we may ask you to leave. If you are in doubt at all about whether you need 1:1 support, please contact our Program Director. We will be very happy to talk it over with you.

We strongly recommend that you ask your support workers for Criminal Record Checks with a Vulnerable Sector Check and Child Abuse Registry Check.

(Continued on next page)



## CLUB INCLUSION

What worries you?

What calms you down?

Please tell us about the ways you communicate: SPEECH/ SIGN/ BODY LANGUAGE/ SOUNDS

Comments/ more information:

Please tell us about your ability/ willingness to go for walks outside:

Do you use a wheelchair? Is it a manual or a power chair?

Do you require support with fine motor tasks such as zippers, drink containers, etc.? YES/ NO

Are you able/ allowed to leave on your own? YES/ NO/ ONLY WHEN....\_\_\_\_\_

Might you be a flight risk YES/ NO/ RARELY

Do you have physical outbursts? YES/ NO/ RARELY

Do you have vocal outbursts? YES/ NO/ RARELY

Will you require personal care while at the Day Program (TOILETTING/ FEEDING/ CHANGING)?  
YES/ NO/ RARELY.

*If you answered YES or RARELY to the question above, please fill out the personal care form for **each** situation you will need personal care for (help in the bathroom, help changing clothes, help with sunscreen, help with eating or tube feeding).*

Will you need to take any medication during your time at Club? YES/ NO

*If yes, please fill out the medication administration form.*

Please describe in detail the supports that you will need to help you with behaviour:  
*Please give us as much detail as you can to let us know how Club can meet your physical or emotional needs while at the program.*

Is there anything else Club should know to better support you?



## CLUB INCLUSION

RELEASE: LEGAL REPRESENTATIVE/GUARDIANS & PEOPLE AGED UNDER 18

*Are you under 18? YES/NO*

*Do you have a Guardianship Act, or Supported Decision-making order in place? YES/NO*

If you answered **yes** to one of the above questions, your parent or legal guardian will need to sign this form:

I give permission for (the "Participant") \_\_\_\_\_ to take part in Club Inclusion Programs at St James Anglican Church Hall, Grace United Church Hall, and out and about in the community. I have read the registration information for Club Day Program 2023/2024 and understand the risks. I hereby accept and assume on behalf of the Participant all risk associated with participation in Club Inclusion programs or activities. I understand there is a risk of death from Covid 19 and I understand that it is possible that the participant may become infected while taking part in a Club Inclusion program. I release Club Inclusion, its organizers, employees and volunteers from any loss, accident or injury that may occur during or arising from participation in Club Inclusion programs or activities and understand that all Club Inclusion members take part at their own risk. I have provided all relevant medical details and contact details in case of emergency.

Signed by Parent/Legal Representative or Guardian:

Name:

Date:

### Photo Release

We often take photographs and video at the Club Inclusion.

I understand that photographs and video are often taken at Club Inclusion programs. These are shared on social media, used in funding applications, slide shows for members, and in print media/marketing for Club Inclusion.

Please circle one of the options below:

I give permission for photographs and video of \_\_\_\_\_ to be included in funding applications, social media, online and print media.

I do not give permission for photographs and video of \_\_\_\_\_ to be included in funding applications, social media, online and print media.

Signed:

Name:

Date:



## CLUB INCLUSION

### RELEASE: PEOPLE AGED 18 OR OVER

Are you over 18? If you do not have a legal representative or guardian, you will need to understand and sign this form.

Please read this with a caregiver or someone who knows you well who can help you understand it in language that works for you:

I understand that while at a Club program, or on a Club outing, I could be hurt, my feelings could be hurt, I could be injured, be in an accident, or lose something important to me.

I understand that Covid 19 could be in our community without us knowing about it. If I get Covid 19 I could get very sick or die. If I get it I could pass it on to other people who could get very sick or die. I understand that other people in this program might have Covid 19 and I might not know that they have it. They might give it to me.

Even though these things could happen, I accept this risk and I will still take part.

Signed by Participant (if 18 or over):

Name:

Date:

Witnessed by (name):

I have explained this to and they understand to the best of their ability.

Signed:

Name:

Date:

### PHOTOGRAPHY RELEASE:

We often take photographs at Club Inclusion programs. Please circle the one that is right for you:

You can take my photo and put it online or in social media like Facebook, Instagram or Twitter.

I do not want my photograph to be online or in social media like Facebook, Instagram or Twitter.

If there is anything that you do not understand in this form, or if you have any questions, we can help. Please contact [justin.clubinclusion@gmail.com](mailto:justin.clubinclusion@gmail.com)