



CLUB INCLUSION

DAY PROGRAM DESCRIPTIONS

YOUTH PROGRAM

This program is suitable for people aged 16-30, 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 30 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 program is divided into three terms: one focusing on community placement opportunities, programming and leadership facilitation at Club Inclusion, and the third on kitchen skills with the Monday Brunch Club. Spaces are limited.

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.

The cost per session is \$25 and is billed monthly.

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.

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, event planning, and more. *Please note: there will be some homework for this.*

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 justinmccgarragh@prescottgroup.ca



CLUB INCLUSION

RECREATION & BUSINESS DAY PROGRAM

Recreation and Business is suitable for people ages 17 and older. The focus of this program is 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.

Music and Movement is an optional part of the Recreation and Business Program. This program is suitable for participants ages 16 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 music therapists of the Maritime Conservatory.

Recreation and Business Program is offered on:

Mondays 9-2:30pm Club Halifax (2652 Joseph Howe Drive)
Tuesdays 1pm-3pm 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.

Recreation and Business sessions are \$25 per session and is billed monthly.

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
- 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 can earn income through individual business ventures.

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

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