



Who are we? What is the program? When is it?

The HuBB Community Group is a community agency that builds programs and services for your life and your community. We offer a judgement-free, inclusive environment where participants learn essential life skills in a highly interaction and engaging program. Delivered in real-life, role-playing situations with the support of experienced 'bridge building' facilitators.

The Building Bridges Program:

Do you or a young person in your life identify as a person with a disability on the **autism spectrum**, having either **fetal alcohol or down syndrome, attention deficient disorder** or another **mild intellectual delay**? Are they or you between **16-30 years of age**?

Would you or they benefit from a program that helps them to:

- Develop self awareness and self monitoring skills
- Build a supportive community of friendships
- Gain better social skills and social cues
- Connect behaviour with actions
- Have healthier relationships
- Understand banking and budgets
- Know neighbourhood safety rules, TTC ease-of-use
- Tips for job search and affordable housing needs



Participants can expect to learn how to successfully navigate life situations and come away from the program with a **Roadmap to Your Life** template for themselves and the community around them.

Parent Assisted Learning: The program also offers a session for parents to learn how to support their young adults to reinforce the learning and maintain their new skills. Private, ongoing consultations are also available.

Program Details:

When: Friday Nights: Jan 5 – March 9th, 2018

Time: 5:30 pm – 7:30 pm

Where: Jubilee United Church, 40 Underhill Drive, Toronto, M3A 2J5

Cost: Any donation towards the cost of running the is appreciated.

A light snack will be provided

Information and enrollment contact:

Alana Patterson 647-925-0393 or thehubb4you@gmail.com