



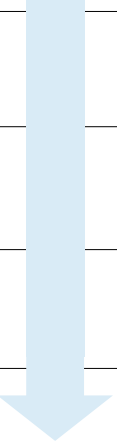






# Young Adult Program 2010 / 2011



August 30, 2010 – June 17, 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 10:00	Young Adult Work Program	Young Adult Work Program	Young Adult Work Program	Young Adult Work Program	
10:00 – 11:00					Community Outing
11:00 – 12:00					
12:00 – 12:30	Lunch Break	Lunch Break	Lunch Break	Lunch Break	
12:30 – 2:00					
2:15 – 3:00					Mental Health Group

## Key to program schedule:

**Young Adult Work Program:** Paid employment in a sheltered workshop or in the community

**Fitness Group (PT):** Cardiovascular and strength-building activities

**Team Building (OT):** Building teamwork skills

**Communications Group (SLP):** Using written & spoken language to improve communication skills

**Mental Health Group:** Exploration of a variety of issues, such as problem solving, appropriate communication and diversity