

# Young Adult Program 2009/2010

August 31, 2009 - June 18, 2010



	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	Community Outing
10:00 - 11:00	↓	↓	↓	↓	↓
11:00 - 12:00	↓	↓	↓	↓	↓
12:00 - 12:30	Lunch Break	Lunch Break	↓	Lunch Break	↓
12:30 - 2:00	Young Adult Work Program	Young Adult Work Program	↓	Young Adult Work Program	↓
2:00 - 3:00	Mental Health Group	Team Building Group	Fitness	Communications 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

**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

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