



SOAR TRANSITIONS

Designed for youth aged **16 - 20** throughout York Region who have been identified with an LD and/ or ADHD transitioning into post-secondary and/ or the workplace.

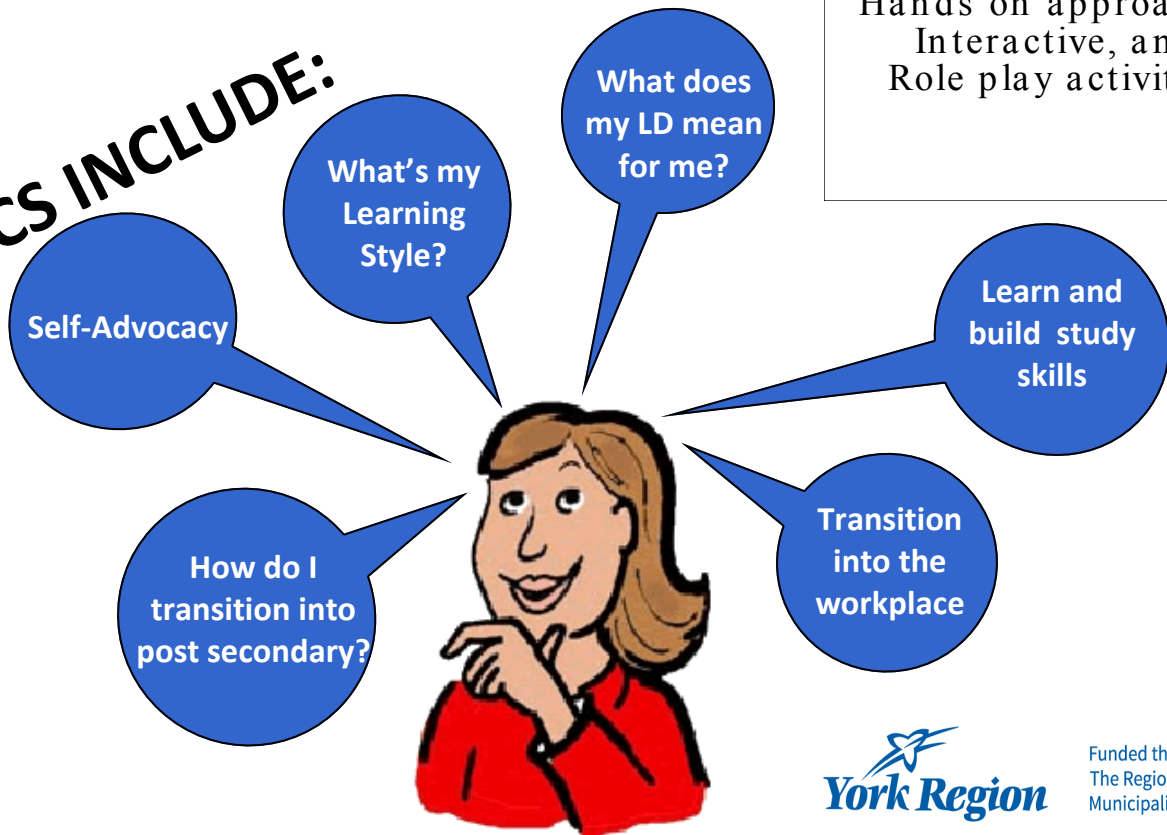
Participants and facilitators will focus on:

- Strengths and needs;
- Learning styles and understanding areas of LD and/or ADHD;
- Strategies for organizational and time management skills;
- Building study skills and exam preparation;
- Self-advocacy and social skills;
- Transitioning into the workplace, college, or university;
- Pre-employment and job skills

Flexible 2 sessions for 1 to 1½ hour duration through 1:1 facilitation.

Facilitators will use:
Strategies,
Hands on approaches
Interactive, and
Role play activities

TOPICS INCLUDE:



Funded through
The Regional
Municipality of York

For more information please contact 905-884-7933 ext 25