

Different people get different things out of the **Young Adults Program**. Most find new friends or maintain old friendships while doing activities they enjoy and developing new skills. Confidence, self-esteem, and interaction skills increase as they participate in varied activities.





Young Adults Program




The **Young Adults Day Program** also benefits the families of the person in the program. It provides them with a break from the often highly demanding role of caring for a person with a physical and/or developmental disability.


For Kahnawake:ronon with
Developmental Disabilities

Young Adults Program

P.O. Box 1758
Kahnawake, QC
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(450) 635-9934 ext.126

Dedicated to maintaining individuals having special needs within the community, developing their independent skills and improving their quality of life.







The **Young Adults Program** is a community based day program for adults with challenging needs. We provide a unique way for individuals to experience SUCCESS while having fun. We foster meaningful relationships based around learning experiences and social activities.

We are located in Kahnawake, Quebec, providing services to Kahnawakero:non with challenging needs.

The majority of our activities take place in the community of Kahnawake. We provide a curriculum of community integration and self-advocacy.

Daily programming is client centered. Activities are developed around the expressed interests of each individual and his or her strengths. These interests are discovered and pursued within the community environment of Kahnawake and its surrounding communities.


A process of learning and growth occur within a dynamic social context. A positive approach is the basis of interactions with and between program



participants. The support staff work to make the teaching/learning experience fun, meaningful, and relevant to the day to day life of an adult in society.

The Young Adult's Program offers:

- Computer based training adapted to the individual strengths.
- Recreational and leisure activities.
- SNOEZELEN relaxation and sensory stimulation activities.
- Practical math and money skills.
- Exposure to a variety of community services and resources.
- Self discovery and development of one's own likes, interests, and desires.

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- Relationship building: connecting with friends, families, and community members.
 - Practice in assertiveness: socially appropriate expression of needs, wants, and feelings.
 - An opportunity to develop conflict resolution and coping strategies.

Flexible Programming

The program facilitator and the inclusion support staff manage the pace of the day, providing space and time for individualized support.

Adjustments are made for participants with motivational difficulties or those with medical or physical needs. Lesson plans, activities, staffing ratio, time constraints, and other external factors are all considered flexible. Therefore, the staff is able to respond effectively to the needs and wants of the participants.

