

LIFE

For High School



Learning Independence for Future Empowerment (LIFE)

LIFE for High School is an adaptation of the youth Program L.I.F.E.; a community-based initiative designed to support young adults with disabilities aged 15 to 30 on their journey to independence. While the full L.I.F.E. program is delivered over 10 weeks as a day program through a mix of virtual and in-person sessions, **LIFE for High School** offers a Monday evening virtual session to introduce life skills to interested youth currently occupied with schooling during the day. Clients enrolled in **LIFE for High School** may also be invited to join a virtual social program on Thursday evenings to practice communication and group etiquette skills.

A trained program instructor leads **LIFE for High School** program, adapting the lessons and activities to the group's needs. Participants are encouraged to discover untapped resources within themselves.

Each week centres on a theme with topics on:

- **Goal setting**
- **Stress and wellness**
- **Money management**
- **Healthy relationships**
- **Volunteering & employment**
- **Physical health & healthy eating**
- **Community safety and transit training**
- **Independent & supportive living**

For more information / how to register:

Contact the program coordinator closest to you for more information about program options in your region.

Toronto, ON

Mississauga, ON

Or, for more information or to register for the program, contact communityprograms@marchofdimes.ca

Eligibility

- High school or a recent graduate aged 15 to 21 and living with a disability.
- A desire to increase your independence and learn life skills
- Able to attend and participate in group programming for a duration of 1-2 hours virtually.

Program

- Ten weeks of workshops offered **Monday evenings 5:30pm – 7:00pm.**
- Certificate of completion
- Opportunity to join virtual social program if eligible for The Hive on Thursdays at 4:00pm – 5:00pm.
- Opportunity to attend in-person community outings when scheduled on a PA Day to apply workshop skills and to socialize with peers