# SATURDAY/ SUNDAY

# DAY RESPITE

# 1. INTERACTION

Learn new skills like communication while interacting with others & making new friends.



#### 2. ADAPT & TRANSITION

Transition into a new program where activities are tailored to your needs, which will enable you to adapt to your changing environment.



# 3. SOCIAL SKILLS

Become more social an be integrated into a fun group activity.



# 4. PROBLEM SOLVING

Join an on-going ASD group & work on problem-solving and coping strategies for when you need it the most.



#### 5. DESIGN

Design something new, while learning a variety of employable skills you can use in other settings.



# 6. LEISURE

Enjoy fun group activities that will build motivation and self- esteem.



# 7. COOKING

Practicing cooing skills in a group while you prepare notorious meals & independants skills to prepare your own meals.



# **CONTACT US**

416-289-2223 Sunflowerrcs@gmail.com 1970 Ellesmere Road Un. 1 Sunflowerrsc.com



#### Hours:

Saturday 10am-3pm Sunday 10am-3pm Extended Hours Available Fees will be determined after an intake into services