

Welcome to the Young Adult Program



What are we doing?

The Young Adult Program meets every Thursday to hang out with friends, eat good food, plan for the future and learn skills that will help make the transition into adulthood a little bit smoother.

On the first night participants will plan the entire session. What will we cover? What guest speakers will we invite to join us? What activities will we do?

When

Thursdays from 3:30pm-7:30pm from **January 28th-May 13th**

Participants must

- be 18 to 24 years of age and have a disability
- be able to participate in group discussions, activities and plan for their future
- be able to attend to their own self care needs or direct an attendant to assist them (there will be one attendant present)

Cost

- \$8/week for 16 weeks for a total of \$128.00
- cover costs of food and crafts etc.
- cheques may be payable to Independent Living Centre

Please note

- Payment & registration form must be received before attending
- rides are to be arranged for 7:30pm
- doors are locked until that time so let us know in advance if your ride is coming early
- program fee is due the first night of the session
- if you know in advance that you won't be joining us the following week please let us know

Young Adult Program

Name: _____

Birth date: _____

Telephone Number: _____

Address: _____

Allergies/ Special Needs / Medical Concerns / Special Equipment:

Emergency Contact/Phone #: _____

What would you most like to learn from this group?

Signature: _____

REGISTRATION DEADLINE: January 22nd, 2010

Return this form to:

Amy Ross

Human Resources Coordinator

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**Independent
Living Centre**
of WATERLOO REGION