



In Motion & Momentum+ is a new program that's about helping you to move in a way that feels good, tap into your full potential and create the life you want to live.



How can you get involved?

Contact:

Dina dina@rcdrichmond.org

Louise louise@rcdrichmond.org

Or call the Richmond Centre for Disability at: 604-232-2404



In Motion & Momentum+

Do you ever feel stuck?
Do you feel like you've been moving in a direction that just isn't right for you?
Are you ready to try something new?

Embark on a journey of self-discovery. Draw upon your strengths and skills to move toward your preferred future and to give back to the community.

JOIN RCD FOR IN MOTION & MOMENTUM +



What is IM &M

*“In Motion and Momentum+ is a workshop series of three developmental modules that use an experiential learning approach to intrapersonal skill development. It is a strengths-based approach that allows participants to *experience* success, pride, respect, connection, hope and achievement. “*

*This project is being operated by RCD as part of a larger nationwide study.

Who is the best fit for RCD's IM&M project?

- Anyone with a disability aged 18+ who has access to a computer and who is interested in exploring their future.
- Anyone with a disability who is interested in future community participation or employment
- Those willing and able to complete online participation surveys and to be part of one-on-one interviews with researchers (not RCD staff).

In Motion & Momentum+

The program has 3 parts:

In Motion

- Focus on who you are – your strengths and skills
- Take charge and create a vision for your future

Momentum

- Continue to build on your vision for the future and take steps to make it a reality
- Contribute in meaningful ways to your community in collaboration with others

Momentum+

- Continue to build momentum towards achieving your goals
- Move from planning the life you want to starting to live it

What is the time commitment?

- 13 weeks spread over a 3+ month period
- 6 ½ hour days with coffee and lunch breaks
- 3 and 4 days a week, finishing with 1 day a week for six weeks

Module 1: In Motion - Set sail on an Adventure



- Create a vision for now and the future that is consistent your life values
- Identify your strengths and skills to move you toward your vision for your future
- Benefit from the strength of a shared experience with others

February 1 - 18, 2021, Monday to Wednesday

Time: 9:30 AM to 4:00 PM

Note: Feb. 18 to make up for Feb. 15 statutory holiday

Module 2: Momentum - Keep up your momentum and pedal forward

Continue to build on your vision and move toward your new reality

- Participate in a group project and the opportunity to give back to the community



March 1 - 24, 2021, Monday to Thursday

Time: 9:30 AM to 4:00 PM

Momentum+: Blast off to your preferred future!

- Put vision, strengths and skills into action
- Work in collaboration with others to deliver your community project
- Get ready for the next step in your adventure



April 1 - May 6, 2021, Thursdays only

Time: 9:30 AM – 4 PM

Meeting Format:

Through Zoom - Blast off through cyberspace from the comfort of your own home.

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There is no cost to join. We do ask for commitment to attend all 3 modules to the best of your ability.