



# COMPASS

September - December 2022

**VIRTUAL OPTION**

**3:30 - 5:30 PM**

**ON ZOOM**

**M, W, F**

**IN-PERSON OPTION**

**1:30 - 4:30 PM**

**AT ES HOUSE**

**T, TH**

The Compass Program is based on the comprehensive curriculum developed by the Adoptive Families Association of BC for youth aging out of government care, and has been modified for youth with disabilities.

Participants will complete modules guided by Easter Seals staff, specialized educators and guest speakers. By the end of the program, participants will be more prepared for school, work, independent living and their transition to adulthood. Areas of focus can be adapted on a case by case basis according to the needs and abilities of the group members.

**The Compass Program includes modules on:**

- Education (highlighting available options for school and funding)
- Employment (how to write a resume/cover letter writing, interview skills, job searching, employability traits)
- Health & Wellness (maintaining physical and mental health, nutritious eating, self-care, how to find help and recognizing when to ask for it, sexual health education)
- Housing (identifying needs, finding and keeping housing, RentSmart)
- Personal Life (financial literacy, taxes, goal setting, support strategies)

**Age Group:** 17-27 years (\* This is an approximate age group. Please contact us if you're outside this age group and would like to participate.)

Register at:  
[eastersealsbcy.ca/  
compass](http://eastersealsbcy.ca/compass)



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## By participating in this life skills program, students will:

- Increase their ability to function more fully in the home, workplace, and community.
- Learn life skills that will support their readiness for next steps and reduce barriers in taking those steps.
- Develop clear and realistic goals and a detailed action plan that outlines next steps towards self-sustainability and permanency.
- Experience an increased capacity towards employment or education.
- Develop leadership skills to facilitate learning among peers on topics they are passionate about.
- Experience work in teams and individually to practice their communication and decision-making skills.
- Increase self-esteem and confidence by achieving goals.
- Achieve more success in their life by gaining a better understanding of limiting beliefs and tools to change your mind.
- Develop knowledge and skillsets around maintaining personal health and wellness.

Upon completion of all sessions, participants will be ready to take their next steps whether that be training, further education, GED preparation, or employment.



"It's been great seeing our son prosper and have so much fun. Easter Seals camps and programs have dedicated professionals committed to making it an enjoyable experience."

~ Violet, mom of Garrison (age 24) a graduate of Compass

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Support from: