

**Options Niagara A Foundations Initiative** 

# **Pathways to Success**

Come learn how your community can help you on your pathway to success

## Wednesday October 23, 2013

Time: 12:30pm – 5:30pm Place: Holiday Inn & Suites Parkway Conference Centre 327 Ontario St, St. Catharines Cost: Free



\*Please bring a non-perishable food donation for the Hope Pantry This event is open to everyone. It will be especially helpful for people with developmental disabilities and their support networks.

### Features of the Day

Resource Fair – Over 45 community agencies and services confirmed to attendSuccess Alley – Showcasing people's successes, triumphs and talentsJump Out of the Box – Simple solutions to everyday barriers and issuesInformation Seminars:1:00 PM – 2:00 PMTransition to Adulthood4:00 PM – 5:00 PMMore to Life than Group Homes and Day Programs

Questions? Contact Breanne (ext.25) or Karen (ext.24) at 905-682-3924 www.mainstreamservices.com

#### **Information Seminars:**

#### 1:00pm – 2:00pm Transition To Adulthood

What does it mean to be an adult and how do I get there? How do I help a person transition from high school to adult life? The panel will use the Transition Toolkit to tell you how to make a successful transition.

#### 4:00pm – 5:00pm More to Life than Group Homes and Day Programs

You can build a quality life without relying on group home or day program support. Two families will share their stories of building quality lives using community resources.

#### Jump Out of the Box

What do you need to get through your day? Some people use reminders on their cell phones. Some people use stools to reach high shelves. There are many different solutions to everyday problems. Come see some simple solutions to barriers people with disabilities face daily. A trip to Wal-Mart may be all you need to gain independence!

#### Community services registered so far

Advance Driver Rehabilitation Services A New Leaf Counselling, Consulting & Training Autism Ontario - Niagara Chapter Bethesda Community Living Fort Erie Community Living Port Colborne-Wainfleet Community Living St. Catharines / Rally Pac Community Living Welland-Pelham Community Solutions Ltd **Developmental Services Ontario** Distress Centre Niagara and COAST **Elections Ontario** Family Mental Health Support Network Fort Erie Native Friendship Centre good2be Greater Opportunities for Adult Learning Heartfit Respite **Innovative Disability Solutions** Investor's Group Jobs Niagara Learning Disabilities Association of Niagara Mainstream March of Dimes Niagara Accessible Sports Committee Niagara Centre for Independent Living (NCIL) Niagara College

Niagara Counselling Services Niagara Life Centre Niagara Training & Employment Agency Niagara Supportive Living Niagara Specialized Transit Northend Mobility Oak Centre Participation Niagara People First Welland People Helping People Achieve Primerica **Quest Community Health Centre** Red Roof Retreat Rexall Lewis & Krall Home Health Care Soul Ministry Special Needs Computers Special Olympics Ontario St. Catharines Transit Commission Start Me Up Niagara Survival 4 Women / Women 4 Women The Cottage Retreat The Hope Centre Tetra Society of North America Young Carers Initiative - Powerhouse Project YWCA Niagara Region