



Participation in Council and Committee Meetings

Review and Summary

Introduction

How to Participate

Everyone is welcome to participate in open meetings of Council and Committees.

Choose how you would like to participate:

Request to Present at a Future Meeting

Request To Present

Is there a topic of interest that you would like to bring to Council's attention? If you are not looking to speak to an item listed on an upcoming Agenda, you can submit a request to Council to be invited to present at a future meeting. All requests are subject to Council approval.

Type of Request

Are you looking for Council Support?

Please provide a description of the issue or topic of interest that you would like to present to Council, including any other information about your request i.e. motion of support, funding request, information purposes, etc.

We are looking to spread awareness about our program located in Caledon. We are also looking to discuss the future of our program with council to see how we can work together to support some of Caledon/Peel's greatest residents.

Upload Presentation Materials

Your Information

First Name

Alannah

Last Name

Forgiarini

Community Group/Organization (if applicable)

Growing Opportunities for Adult Life Skills

Phone Number

██████████

Phone Type

Business

Email Address

info@goalsgrowingopp.ca

Signed By:

Submitted Date:



GROWING OPPORTUNITIES FOR ADULT LIFE SKILLS
DAY PROGRAM & RESPITE SERVICES



WHO WE ARE

With our team having both personal and professional experience in the field, this program was created from a place of passion and understanding. GOALS emerged from the pursuit to inspire and support individuals in areas most respite programs cannot reach. For years we have helped individuals with a range of intellectual disabilities assert their independence, but we plan to take it even further. We are a program driven by progressive ideas, bold actions, and a strong foundation of support.



GOALS IS . . .

A day program and respite service. Our programs help those with intellectual disabilities gain independence while building life and social skills. We hope that our program will help participants live enriched and meaningful lives.

Our GOAL is to help individuals reach their GOALS.

MISSION

To provide individuals with the tools, resources and skills in order to assert their independence to the best of their potential.

VISION

A world where all people are living honourable lives while being treated with respect and dignity.

7 FUNDAMENTALS

All programs and activities offered through GOALS will fall into one of our fundamental categories. We believe developing skills in these areas will help individuals live more independently.





DAY PROGRAM

During our 12-week day program, individuals aged 20 and over will participate in activities meant to promote growth, independence, and new experiences. Activities may include but are not limited to:



Music Education
Swimming & Fitness
Meditation & Self-Care
Cooking
Art & Dance



Volunteer Opportunities
Problem Solving Skills
Employment Skills



DAY RESPITE SERVICE



DISCOVERY

In this program, individuals will meet monthly with peers to build connections and friendships. The GOALS team will work with participants to further develop social and communication skills while participants enjoy experiencing new adventures in their community and surrounding areas.



EVENING RESPITE SERVICE



THE SOCIAL

The Social gives participants aged 18+ the opportunity to meet with the same group of peers every Thursday evening for 12 weeks to participate in a variety of activities within the community.



OVERNIGHT RESPITE SERVICE



WEEKEND RETREAT

Independence and life skills are at the core of our mission. Our Weekend Retreats offer a unique experience for individuals to feel what it might be like to live independently. Participants will learn about in-home safety, how to complete in-home tasks, and have the opportunity for hands-on practice. During the retreat, they will explore and learn about different areas of the community and have fun!



OVERNIGHT RESPITE SERVICE



CAMP GOALS

Camp GOALS is an extraordinary experience for participants. Individuals will be working on developing the same skills taught during our weekend retreat in depth. Participants will also partake in literacy programs, art expression, and physical and mental wellness exercises throughout the week. Camp GOALS gives individuals the support needed to build confidence, self-advocacy, and create lasting friendships and memories.





CONTACT US

GOALS DAY PROGRAM & RESPITE SERVICES
UNIT 2- 10 McEwan Drive W, Bolton ON L7E1H1
(905) 533-6547
info@goalsgrowingopp.ca

GET INVOLVED

VOLUNTEER. PARTICIPATE. DONATE.
Charity Number: 79420 1475 RR0001
Donations can be made in person & online
www.goalsgrowingopp.ca

SHARE, LIKE & FOLLOW US ON SOCIAL MEDIA
FOR UPDATES & CURRENT EVENTS

