

# LEG Up! Classes

## **LEG Up! Learning. Experience. Goals.**

LEG Up! is a learning and skill enhancement program for adults who have a developmental disability. LEG Up! provides education and training which will ultimately open doors to obtaining valuable opportunities and experiences, including employment, community inclusion, volunteerism and independent living.

Sessions will run for 10 weeks.

Cost: \$ 280 per 10 week session

Please contact LEG Up! either by phone, email or in person to reserve a spot in your preferred course(s). An instructor will contact you with further details.

## **For More Information**

Contact KW Habilitation by:

**Phone:** 519-208-2225

**Email:** [legup@kwhab.ca](mailto:legup@kwhab.ca)



## **Class Information**

### ***Reviewing your literacy skills***

Practise your sounds and letter blends using our many teaching tools. Challenge yourself to become a better reader.

### ***Preparing for Academic Independence:***

This course focuses on setting goals and increasing academic independence in the community. We will practice using Microsoft Word, the internet, time management and learn to navigate GRT transit. By the end of the course students will have completed a research project and learn coping strategies to better handle stress and deadlines.

***Kitchen Smarts:*** Learn how to keep yourself safe in the kitchen by discussing food preparation, food handling, cooking safety tips and food storage. Enhance your kitchen confidence by adapting lessons learned to practical kitchen exercises in our LEG Up Kitchen.

***MoneySense:*** Improve your money skills! In this class, you will learn to count money, make change and to double check that you got the correct change back. You will also be introduced to banking, smart shopping tips and ways to save your money.

***It's Your Future! Let's Plan it!:*** The path to your future begins with you! Let's work together to discover the steps to achieving your goals. Learn to identify your strengths and how to match your interests and abilities to what the community has to offer whether that be recreation, volunteerism or employment.

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***It's about time . . . and time management:***

Learn how to tell time and become comfortable knowing how much time until something happens or how long an event will last. We will also be talking about time concepts such as AM/PM, days of the week and months of the year. We will then help you learn to use all of these skills to record appointments in your personal calendar and learn ways to manage your own schedule.

***Get Crackin' in the kitchen:*** Bring your cooking appetite and enthusiasm. Get introduced to some basic kitchen and food handling skills. Hone your cooking skills with a weekly chef's challenge. Help menu plan and sample your creation!

***Shake and Bake:*** Meet new people, bake some goodies, and enjoy a cup of coffee while making new friends during this weekly social activity.



***On my own!:*** Feel informed to take the next steps toward living independently. In this class, we will discuss living options, being a tenant, and feeling comfortable in your own space. Learn about managing time and your personal calendar, paying bills, budgeting and shopping, transportation, emergency services and community resources. This class is for people who would like to explore and/or prepare for living independently in their community.

***Check it out!:*** Review advanced money skills to prepare for cash handling. Then learn how to operate a Point-of Sale (POS) system to accept cash, credit and debit payments and prepare for working in a job with a cash register.

***Linked and synced:*** This class is all about communication – on the phone and online. Feel confident answering the phone, taking a message, making a phone call and leaving a message. Also get online and use the Internet for social planning! Set up an email and/or social media account – because we will also be talking about online safety, privacy and online etiquette so that we can use these accounts safely!

***How may I help you:*** This class focuses on developing strong communication, active listening and conflict resolution skills. We will then talk about how to use these skills to provide excellent customer service! We'll also talk about how to speak up about your needs and wants in a way that makes others want to listen!

***Music and Rhythm:*** Come explore basic instruments, musical styles and rhythms. All while learning simple musical concepts and theory.



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**Relationships 101:** Meeting new people and understanding different kinds of relationships can be difficult. We will look at the way people develop different kinds of relationships and how social media can play a part. The importance of communication, setting boundaries, and how to handle conflict will be discussed.

**Health and Wellness:** Enhance your personal growth with this health and wellness course. Explore healthy eating, menu planning, meditation, and mindfulness. Discover different coping tools, and find the one that may work for you.

**Healthy Sexuality:** This course will give you the knowledge and skills necessary to lead healthy sexual lives. It is intended to fill any gaps in learning, provide a solid foundation and clarify personal values regarding sexuality and relationships. Topics will include: dating and relationships, sexual intimacy and orientation, abuse/assault prevention, birth control, rights and responsibilities.

**Creative Crafting:** Explore different museums in the Waterloo region. Learn to transform everyday objects into something new and stylish. Turn household items into works of art.

## **Healthy You!**

Join us in a weekly fitness option tailored to your personal fitness at Fuzion Fitness. After class, learn to make a nutritious meal and explore a variety of wellness related topics such as healthy food choices, personal hygiene and care and activities promoting wellbeing.

**Lunch included**

**\$310.50**