

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: \$ 280.00 per 10-week session

Visit mycommunityhub.ca to register or contact Leg Up! and come by for a visit.





Class Information

Reviewing Your Literacy Skills:

Practice 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 while in the community. We will practice using Microsoft Word, the internet, learn time management and how 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 safe food preparation, food handling, cooking tips and food storage.

Enhance your kitchen confidence by practicing the lessons in 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.



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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.

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 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 skills, appetite and enthusiasm. You will be introduced to basic kitchen and food handling skills as well as help menu plan, cook as a group and sample your creation!

Shake and Bake:

Meet new people, bake some goodies, play some games 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:

In this class we will focus on developing strong communication, active listening and conflict resolution skills. We will then talk apply these skills to learn how to provide excellent customer service.

Sweet Melodies:

Join the Leg Up! staff for a session of music appreciation. We will explore and listen to a different artist, genre and instrument each session while we enjoy a sweet treat we baked together.

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.



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Mid-Week Social:

Drop by Leg Up! for a fun and different activity every week! There will be games, baking and holiday themed events to keep you entertained. A great place to meet and make new friends.

Relationship 201:

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.

Arts and Crafts:

Learn to transform everyday objects into something new and stylish. Explore different mediums and art techniques to create masterpieces. (Nature Arts and Crafts is an alternative program.)

Canada's Food Guide-Let's Learn It!:

Expand your knowledge about healthy eating and healthy alternatives from Canada's revised food guide. Learn how to cook healthy on a budget and make healthy choices. Discover some new nutritious recipes that you can enjoy making and eating here at LEG Up!

LEG Up!

Learning Experience Goals

Healthy You!:

Join us in a weekly fitness option tailored to your personal fitness at Fuzion Studio. After Zumba class, learn to how make a nutritious meal and explore a variety of wellness. Lunch included

Accessible Yoga and Wellness:

Come to this class ready to relieve some stress. Each class will begin with a gentle yoga session. During the remainder of the class we will discuss and explore other stress reducing strategies like mindfulness, mediation and relaxation techniques that can apply to our everyday life.

S.A.F.E: Safety Awareness For Everyone:

Enhance your safety skills and in all aspects of your safety from home, work, and community. Learn your rights and responsibilities when it comes to your own safety.

LEG Up! Drama

In a small group setting you will learn the elements of drama such as voice, body language and communication. The class's main goal will be to build community and increase communication skills through games, activities and lessons that will challenge you.

Soup Club:

Do you love soup? Then this is the class for you! In this make and take class you will cook delicious soup to take home and enjoy! Be prepared to chop, dice and learn interesting facts about soup.

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