

Psycho Educational Counselling

Our mentors will teach you practical strategies to help your child succeed at learning new skills. Psycho-Educational Counselling will help you understand your child's situation and they will give you the skills you need to work through it, providing the ultimate in family support and parent guidance that results in positive changes for the entire family.

Psycho Educational Counselling offers effective results that work for life, relationship and work-place challenges, and builds new skills to increase success.

Case Management

We follow each of our clients closely to ensure that they are meeting their goals in the program.

Coverage

If you have Psychological Coverage under your Group Benefits at your work place, your services may be covered. Your coverage will be verified before services begin so that you will be aware of your polices limit.

Eligibility

- ◇ 16 years of age or older
- ◇ Meets criteria under Autism Spectrum, Downs Syndrome, Mild Intellectual Disorders, Learning Disabilities, Acquired Brain Injury
- ◇ Anxiety and/or Social Deficits
- ◇ Meets eligibility requirements of program
- ◇ 12-16 week commitment
- ◇ Meets requirements for desired placement

Community Partners

We are working closely with several community partners. Our goal is to provide as much variety in placements as possible. The success of our program depends on their support.

Stepping Stones Mentorship Program



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Program

One of the many advantages of participating in Stepping Stones mentorship program is the opportunity to be exposed to a group of deeply committed and passionate individuals who are our mentors.

Our team consists of highly skilled individuals who are devoted to their clients.

Many young adults with disabilities lack the guidance, preparation and resources to succeed.

A critical point for many of our clients is high school and the transition through it and into early adulthood can determine future economic opportunities and life satisfaction. Our program provides the guidance, support and encouragement they need to succeed.

Individuals with disabilities face substantial barriers to employment.

Work placements and mentoring can help individuals acquire the skills, knowledge and work habits that they need to succeed.

Most research and evaluation on work-based mentoring has focused on career development.

In general, research has shown consistent associations between mentor support and career advancement

Mentors impart both the job-specific skills and the social and personal skills of individuals while providing one-on-one support.

Our program is meant to enhance:

- ◇ Self Esteem/Self Worth
- ◇ Enrich and expand Social/Communication Skills
- ◇ Increase Independence
- ◇ Enhance self concept and optimism about their future.
- ◇ Develop Teamwork
- ◇ Educate/Support our Community Partners

Mentors

A necessary condition for an effective relationship is that the two people involved (mentor and mentee) feel connected-that there is mutual trust and a sense that one is understood, liked and respected. When such a connection is formed, the mentor becomes a more powerful instrument for positive change, often serving as a role model who exemplifies the sorts of knowledge, skills and behavior that they hope to someday acquire.

Mentees

Individuals applying for the program go through an initial interview to ensure they are aware of what is expected from them. Mentees entering the program will go through a cognitive assessment so that we will be able to match their skills and abilities with their desired goals. A 12-16 week commitment is required by each individual entering the program.