



## Adult Social Group (Lake Side Connections)

Lakeside Connections is a social club where adults of all abilities gather together for 6 week sessions in the Port Perry/Durham Region area. People come to enjoy community activities such as swimming, pub nights, dinner out, Casino visits , mini golf, movies, yoga, skill building activities to increase independence, sports, social interaction with peers, and other activities of interest.

Lakeside Connections provides opportunities for adults 19 +. It was developed to provide much needed short-term relief to families while engaging adults with an intellectual disability. The group offers a variety of group activities that will assist in long term peer relationships for the participant while developing social and independence skills.

The group participants and support staff develop schedules for the group sessions and then the participants have the opportunity to RSVP to the events in which they are interested in.

Furthermore, Lakeside Connections is a fee for service group. To find out more information see the contact below:

Jessica Robinson, Program Manager at 905-985-9312 x. 229, [jessica@cldn.ca](mailto:jessica@cldn.ca)

\*Our United Way of Durham Region funding goes directly to this group in its entirety and they would not exist without its help.



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