

## Youth Group and Adult Social Group

### Youth Group

Youth Group is a social club where youth of all abilities gather together weekly in the Uxbridge area to enjoy sports, crafts, movies and other activities. The Youth Group provides opportunities for youth between 12 and 18 years of age. Youth Group participants participate in recreational activities and during their time develop long-term friendships with other youth in their community.

The group meets on a weekly basis in the Uxbridge area to engage in social activities within their community. Also, a full day event is planned once each six weeks on a Saturday which may include a trip to Canada's Wonderland, Cedar Park, local museums and recreation centers to name just a few. For families the Youth Group provides a type of respite to families and, more directly, transitional support to young adults leaving the school system. This funding provides much needed short-term relief to families while engaging youth with an intellectual disability.

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

### Adult Social Group

The Adult Social Group is a social club where adults of all abilities gather together weekly in the Port Perry area to enjoy community activities such as swimming, pub night, movies and other activities. The Adult Social Group provides opportunities for adults 19+. The adult social group was developed under the same concept as the youth group offering short term respite relief to families while providing a group activity that will assist in long term peer relationships for the participant while developing social and independence skills.

Both the Youth Group and Adult Social Group are fee for service groups. To find out more information see contact below:

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

