

Headed to college or university?

Post-secondary education & career workshop series

Are you a student with a disability preparing for your post-secondary education and career?

Join us for our 2021/22 virtual workshop series

Most workshops are interactive. They include a mix of information (presentation style), discussion, activities and an opportunity to ask questions. We engage Youth Mentors to share their lived experiences.

We designed these workshops for students. We welcome parents to participate too.

To register & questions

This workshop series is free but you must pre-register by emailing Mathias Castaldo mcastaldo@hollandbloorview.ca. There is limited capacity.

*You are eligible to register if you are:

- Living with a disability and/or an autism spectrum disorder
- In high-school (grades 10, 11, 12 or 12+) and working towards your OSSD
- Living in the Greater Toronto Area

Workshop schedule & topics

Date:	Session:	Learn about:
Saturday, October 16, 2021 10:00-12:00	Introduction – getting ready for the transition to college/university	<ul style="list-style-type: none">• Applying to college/university• Accessing services and supports at college/university• Funding options
Thursday, November 11, 2021 4:30-5:30	Career exploration	<ul style="list-style-type: none">• Exploring program and career interests – tools and resources• Getting work experience

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8 **T** 416 425 6220 **T** 800 363 2440 **F** 416 425 6591 hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto.

Thursday, January 13, 2022 7:00-8:00	Parents as transition coaches	<ul style="list-style-type: none"> Supporting your child with the transition to college/university and career preparation
Thursday, January 27, 2022 4:30-5:30	Working or volunteering while at college/university	<ul style="list-style-type: none"> Using on and off campus employment services Getting accommodations at work
Thursday, February 24, 2022 4:30-5:30	Setting up accommodations	<ul style="list-style-type: none"> Preparing to meet with accessibility services on campus
March Break Tuesday, March 15, 2022 10:00-11:00	Advocacy and independence skills	<ul style="list-style-type: none"> Developing your self-management strategies and asking for what you need
March Break Wednesday, March 16, 2022 10:00-11:00	Getting connected (social and extra-curricular)	<ul style="list-style-type: none"> Enjoying campus life and getting involved
March Break Thursday, March 17, 2022 10:00-11:00	Getting connected (health and wellness)	<ul style="list-style-type: none"> Maintaining physical and mental health
Thursday, April 28, 2022 4:30-5:30	Personal care at college/university	<ul style="list-style-type: none"> Connecting to services to support personal care needs on campus
Thursday, May 12, 2022 4:30-5:30	A day in the life at college/university	<ul style="list-style-type: none"> First hand experiences of youth with disabilities and their parents