

# Grow and Thrive: Day Program for Autistic Young Adults

We are thrilled to continue our day program opportunities this fall, focused specifically for autistic young adults. This program aims to promote confidence and connections, develop important life skills, and explore unique interests in a safe, inclusive environment. We aim to meet each person where they are, celebrating their individuality and helping them grow in meaningful and empowering ways.



**Flexible, choice-based**



**Strength and interest focused**



**Neurodiversity-affirming**

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## WHAT WE OFFER

- **Activities to promote connection and life skills**
- **Opportunities to explore interests and passions**
- **Low pressure supportive environment**

**Through a predictable schedule with built-in flexibility, we offer a variety of individual and group activities, including arts, games, cooking, gardening, outdoor activities and community excursions, and built-in opportunities for support with skill-building, confidence, work readiness, volunteer endeavors, and educational opportunities. Participants have the chance to make choices based on what feels right for them, with staff support every step of the way.**





## DETAILS

**Session 1: October 14<sup>th</sup>-17<sup>th</sup> (Tuesday to Friday)  
9:30am-3pm; \$1000 for the week**

**Session 2: November 27<sup>th</sup> & 28<sup>th</sup> (Thursday and Friday)  
9:30am-3:00pm; \$500**

**Location: 1550 Laperriere, Ottawa (Revel School)**



## REGISTRATION

- Introduction Call: Free**
- Initial Intake: Free (mandatory for all new clients)**

**BOOK NOW**



***One of our facilitators will reach out to schedule a call.***



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## More About Grow and Thrive Programs

Our supportive day programs for autistic individuals are designed to foster connection, confidence, and social-emotional health. In a safe and inclusive environment, we facilitate the exploration of personal strengths, interests, needs, and goals to generate meaningful growth.

With a variety of individual and group activity options, including arts, games, cooking, gardening, outdoor and community excursions, and the ability to provide individual support for academics or work readiness, we offer participants the opportunity to explore new skills and build confidence towards their goals. Our neurodiversity-affirming approach uses a flexible, choice-based approach to nurture comfort, autonomy, and self-advocacy. This program is ideal for anyone looking to make meaningful connections and boost their life skills in a low-pressure, supporti

