



G.R.O.W. Gaining Relationships and Occupational Wins

Every person with Down syndrome dreams of potential joys and accomplishments throughout their lifetime. Every person who loves someone with Down syndrome sees their potential to have a fulfilling adulthood. **G.R.O.W.** is a small group program for adults with Down syndrome focusing on two pillars of a rewarding, independent adulthood: meaningful relationships and gainful employment. It is a celebration of the small joys in life – sharing laughs with friends, conquering the nerves of a job interview, and flirting with your crush, to preparing for the monumental moments – discovering how your strengths can contribute to your community and exploring the ideas of finding intimacy and love.

The final curriculum will be customized to fit the needs of our unique group of participants. Relationship topics may include types of relationships, being a good friend, crushes and dating, consent, setting healthy boundaries, healthy sexual decision making, and other learning standards from the SIECCAN Canadian Guidelines for Sexual Health Education that may have been overlooked during high school. Employment topics may include finding jobs for your unique strengths and skills, resume building, interview prep and practice, workplace etiquette, job specific time management, and improving current job performance through goal setting.

This program is taught by Andrea Lee, M.Ed., and Aja Masters. Andrea and Aja have taught adult programs together at DSRF since 2015. Andrea is a BC certified teacher and teaches adult group programs and one-to-one math and reading for all ages. She graduated from Option’s Sexual Health Educator Certification and teaches comprehensive sexual health education to small groups, families, and one-on-one. Aja Masters is an instructor and Summer Program Coordinator at DSRF. She graduated from SFU with a major in Psychology and a minor in Learning and Developmental Disabilities and completed the Employment Supports Specialty Advanced Certificate at Douglas College.

This program is available to young adults ages 19 and over. The completion of DSRF’s Reading and Communication Plus is preferred, or else an intake interview may be requested to assess readiness for this program.

Dates (2021-22) Schedule Location Class Size Ages Fee

Thursdays
Sept 14 - Jun 16

1:00-3:00 pm

Burnaby

8

19+

\$2,750

Registration

Register online at [DSRF.org/GroupPrograms](https://www.dsrf.org/GroupPrograms).

Space is limited; register early!

