



## Let's Make Plans! Winter 2019

This program is designed to enhance independence and social engagement in the community. Participants will plan activities with their peers in a small group setting, and will learn skills associated with exploring personal interests, planning, problem solving, transportation planning, and collaboration. Participants will also learn to initiate a plan for a new social activity and invite a friend outside of the program.

This program is taught by Aja Masters, who has been a Teaching Assistant at the DSRF for 4 years, as well as the Summer Program Coordinator. Aja graduated from SFU with a major in Psychology and a minor in Learning and Developmental Disabilities. Aja will be assisted by young adult volunteers to foster an inclusive atmosphere that reflects the interests of young adults and to model pro-social behaviour.

Independent or semi-independent planning of social activities should be a realistic goal for people who register in this course. Participants will also have the opportunity to make new friends who they can meet for activities outside of the program. The focus will be on planning and engaging in weekly group activities as well as some planning for future activities. Participants will occasionally meet in community locations to practice trip planning from their home. This information will be conveyed to caregivers in the week prior to the event, so they can assist with transportation planning where needed. Collaboration between DSRF staff and families will optimize skill transfer outside of the program; let us know if you identify skills where your young adult needs extra practice to be successful on their own.

Dates	Class Schedule	Fee	Class Size	Ages	Location
January 11 - March 15, 2019	Friday 2:00 pm - 4:00 pm	\$200.00 (10 classes)	8	19 and up	DSRF



**Down Syndrome  
Research Foundation**  
Together. Hand in Hand.

1409 Sperling Ave.  
Burnaby, BC  
V5B 4J8  
tel. 604-444-3773  
fax. 604-431-9248  
[www.DSRF.org](http://www.DSRF.org)

### Program Registration

#### Client's Information

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

#### Parent/Guardian's Information

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Work: \_\_\_\_\_ Email: \_\_\_\_\_

To register, contact  
Nimet Tejpar at  
604-444-3773 or  
[nimet@dsrf.org](mailto:nimet@dsrf.org)

### Payment Information

Fee: \$200.00

Cheque enclosed

Other Funding Please Specify: \_\_\_\_\_

Please charge my  Visa  Mastercard Amount \$\_\_\_\_\_

Name on Card: \_\_\_\_\_

Card Number \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ expiry date \_\_\_\_ / \_\_\_\_

If paying by cheque,  
please make it payable to:

Down Syndrome  
Research Foundation

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Cancellation Policy: All withdrawal requests must be received by [nimet@dsrf.org](mailto:nimet@dsrf.org) one week prior to the start of the program. No refunds after the start of the program.

