

# TRANSITION SKILLS

## Grades 6 - 12



Idahh • Learning Disabilities  
Association of Halton-Hamilton

*The right to learn, the power to achieve*

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### Program Focus

Transition Skills is a 5-week program for students in Grade 6 through Grade 12 who will be dealing with the choices and challenges of transitions - both in high school and beyond. Ideal for students requiring support with self-awareness, developing stronger learning skills and work habits and who could benefit from personal skill development.

*All sessions are conducted in a small group format with a skilled facilitator*  
*Participants are grouped by Grade (6-8 & 9-12)*



### Key Elements

- Identifying Strengths and Needs
- Learning styles and understanding own Learning Disability and / or ADHD
- Development of Self-Advocacy Skills
- Time Management & Organization strategies
- Building study skills for exam preparation
- Investigating Career Options
- Social skills, group work and collaboration

#### **Location:**

***LDAHH Resource Center  
Rotary Youth Centre  
560 Guelph Line  
Burlington***

**PROGRAM RUNS SATURDAYS  
5 WEEKS IN LENGTH**

**STUDENTS MUST ATTEND ALL CLASSES**

*Based on the SOAR curriculum (Some Assembly Required) created by Learning Disabilities Association of Ontario*

#### **REGISTER NOW**

Visit [www.LDAHH.ca](http://www.LDAHH.ca)  
to register online  
Under 'Programs',  
'Transition Skills'

Member fee: **\$250 (5 sessions)**

Non-Member fee: **\$325 (5 sessions)**