

ALDA

UPDATE

EXPRESS!

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Adult Learning Development Association

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I first discovered that I had a learning disability when I was in school. My teachers told me that I had a learning disability in reading comprehension. When I was in Grade 7, I went into an alternate program and the teachers in this program were very helpful. However, I left school after Grade 9 and joined the workforce. I worked in quite a few places- at a gas station, at Save-on, at Staples and as a general labourer. When my mom and I moved back to Vancouver from the Interior, I spent a lot of time looking for work but I couldn't find employment that suited me because in addition to my learning disability, I have an on-going shoulder injury which makes it extremely painful for me to lift anything above shoulder level. I decided to get an employment case manager so that I would have more support in my job search. My case manager let me know that there was a Skills Link program at ALDA for youth who have learning disabilities and during the program I would learn employability and life skills and complete five work experience placements. I would also be paid for attending the program, which was awesome. I attended an intake interview and even though Youth Prep was already running when I attended the interview, I

was put on the waitlist. A few weeks later, a spot opened up for me. At first, I worked one-to-one with ALDA staff to get "caught up" in everything I had missed. After that, I started my work experience placement at Zellers as a Stock Associate. The work was too painful for my shoulder so ALDA staff found a different work experience placement for me at Staples Business Depot as a Customer Service Associate. The work experience placement at Staples was really good because I know a lot about computers and enjoy talking to people. Plus, ALDA had let my employer know that I had problems with reading comprehension so I didn't have to "hide" anything. Working with ALDA gave me the opportunity to refresh my employability and life skills. For example, we did workshops in customer service, interview skills, self-esteem, healthy living, and time management. We also had guest speakers who taught us about workplace



helping people with unique learning needs develop greater independence!

safety, employment maintenance and stress management. ALDA helped me to get my forklift operator certification and also my first aid certification.

Through the Psychological/Vocational Assessment that ALDA gave me, I know that upgrading my education is important. I now have a clear career path- to upgrade school while working in the construction industry, attend BCIT, and eventually start my own computer repair business.

Joey

have learning disabilities or learning difficulties, by connecting them with individuals who have similar struggles but are working through them successfully. These passionate and dedicated volunteers are eager to offer any assistance possible to others. Several of the Mentors felt that in assisting others with similar challenges they are in fact helping themselves.

During the facilitated afternoon training session, discussion covered:

- The purpose of mentoring
- Why they became a Mentor
- What they have to offer as a Mentor
- The various roles of a Mentor
- Phases of mentoring
- Mentor expectations (including unrealistic expectations)
- Setting boundaries
- Confidentiality
- How to deal with awkward and/or unsafe interactions
- Mentor concerns
- ALDA's role in the Mentorship program



Eight Mentors gathered at ALDA recently, to connect with each other and obtain training to further their Mentoring abilities. The purpose of ALDA's mentorship program is to establish a peer support network for adults and older youth who

One thing that is certain, this group of Mentors are eager to share their experiences. All in attendance have a strong desire to give back to others and help them to succeed!




Share what you know!

ALDA's Mentorship Service can always use your input. If you are an adult with life experience then you qualify! Our members, participants and clients love to hear what its been like for you, where you're at now and where you'd like to be eventually. They gain valuable insight into how to handle the small things in life that can be so hard to master when you have a learning disability.

Call 604-683-5554

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