

ALDA

UPDATE

Express!

SUNGLASSES

Summer Edition

Adult Learning Development Association

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At 22 years old, Nicole left her hometown in Ontario with hopes of finding employment in Vancouver. After several months of looking for work without any success and dealing with several personal challenges, her aunt stumbled across information on ALDA's Youth Prep program. Nicole had always known that she had a learning disability but was never really sure what to do. She started ALDA's Youth Prep program in the spring of 2007 and during the first week felt painfully shy, lacked confidence and was scared to communicate with anyone new in the group. She soon recognized that others in the group had similar struggles with their learning disabilities and also lacked success with finding employment. Through careful exploration with Youth Prep Counsellors, Nicole clearly identified that she wanted to work with children as a career, so she participated in work experience placements related to her interests and abilities. The first work experience was as a Science Facilitator's Assistant with Telus World of Science. At first, Nicole felt extremely nervous and almost did not attend her first day. To help overcome some of her barriers, Youth Prep Counsellors spoke with the host employer who accommodated Nicole by matching her with a mentor with similar interests and a visual/kinesthetic teaching style.

It made all the difference for her and in very short order Nicole was happier than ever and earning high praise from World of Science for her dedication to the work. She continued on to other childcare related work experience placements and received several positive letters of reference for future training or employment. By the end of her Youth Prep involvement, Nicole felt she had gained new friends, a large measure of confidence and a much better understanding of her learning

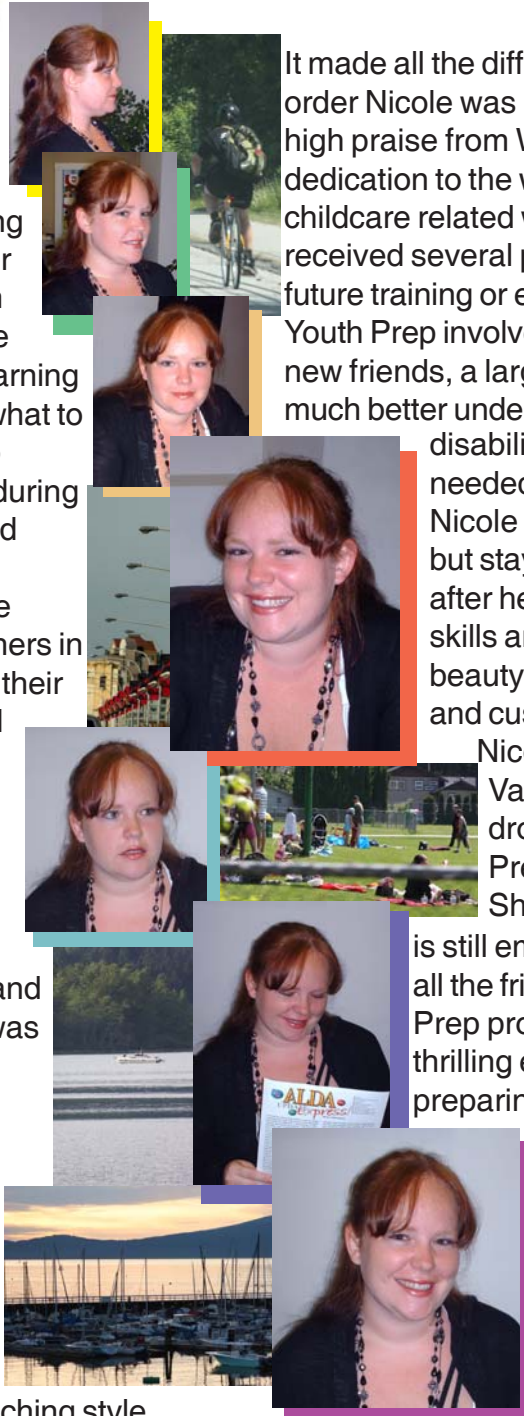
disability and the accommodations she needed to be successful.

Nicole decided to move back to Ontario but stayed in touch with ALDA. Shortly after her move, she used all her new skills and found a job with a health and beauty retailer as a part-time shelver and customer service representative.

Nicole recently returned to Vancouver for a vacation and dropped in to visit the ALDA Youth Prep staff.

She wanted to let us know that she is still employed and keeps in touch with all the friends she made through the Youth Prep program. She also let us in on a thrilling event coming up for her, as she is preparing to get married. Nicole wants

other youth who are struggling with a learning disability or difficulty to know that ALDA is a comfortable, safe place for people wanting to learn more about themselves and how they can be successful in their future. We wish her all the best!



Helping people with unique learning needs develop greater independence!

Ever thought about being a Mentor?

The purpose of ALDA's mentorship service is to establish a peer support network for adults and older youth with learning disabilities/difficulties. The process is mutually beneficial. Mentors become active members within the community through their participation, and mentees will gain the encouragement that they need to foster a new sense of hope and learn new ways of coping with their learning disabilities.

WHAT IS A MENTOR?

ALDA's mentors are role models, who are able to use their own experiences to provide guidance, support and encouragement to adults and older youth with learning disabilities/difficulties. The mentorship service targets adults and older youth with suspected or diagnosed learning disabilities/difficulties.

TYPES OF MENTORING

Indirect mentoring:

- Video clips.
- ALDA Update *Express* Newsletter.

Group/team mentoring:

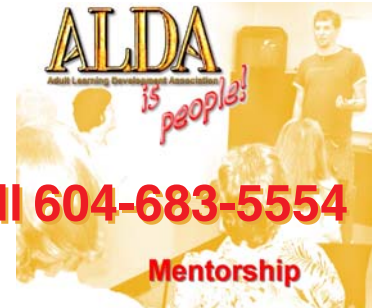
- Workshops
- Discussions (several mentors with a group or one mentor to a group).



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.

The impact can be very subtle... yet tremendous!



Call 604-683-5554

Ideas to consider . . .

- Use the questions below to help form your personal story
- Write an article in the form of an interview (e.g. questions, then answers)
- Write an advice column with question and answer
- Expand on one of the questions below
- Focus on the positive! Use artwork, poetry, etc. to discuss strengths
- Write about your life experiences
- What do you know now that would have helped you in the past?
- Use your imagination!

Questions to consider . . .

- When did you first realize that you have a learning disability/difficulty?
- What are your specific learning difficulties?
- What have you gone through because of your disability?
- How do you think your experience would help others in dealing with the same disability?
- What advice would you give someone who has a suspected or diagnosed learning disability?
- What are your greatest strengths/abilities?
- What has been your greatest achievement?

Helping people work with learning disabilities!

"Start Here"

for In-Depth Employment Assistance Services

ALDA | Adult Learning Development Association

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Vancouver, B.C., Canada, V6C 1T2
Office Hours: Monday thru Friday 9:00am to 4:30pm
Closed Weekends and Holidays

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Content submissions are welcome but may be subject to editing for content or brevity!

Gaming revenue is vital to ALDA so we can continue to provide a wide range of services for adults who have learning disabilities, but we can't do it without your help!

Play TODAY!

Know your limit, play within it.