

ALDA

UPDATE

Express!

Over
20
years
of
Service!

**Adult
Learning Development
Association**

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My mom was so frustrated with me that she didn't know what to do. I had trouble finding work and helping out financially around the house. It was my best friend Scott that actually saw the ad for the ALDA Youth Prep program and he suggested that I give them a call. When my mom also found out about the program, she threatened to kick me out if I didn't try to change my life. I then knew that "I had to change me life." I called ALDA for an interview and due to my disability, I had trouble reading the street signs and finding the location of the office. I arrived to my interview late, tired, nervous and disheveled. I also thought that the staff wouldn't understand my disability but during my interview, I felt relaxed because the staff seemed supportive, caring and understanding. They were not surprised at all with my difficulties and disability. In fact, they told me right on the spot, that I was the perfect candidate for their program and that they would help me as much as they could. Once they told me I was accepted, I had a sigh of relief. Then I realized, I had never accomplished a goal that I had set out for myself. So, as a commitment to myself, I decided that the ALDA Youth Prep program was going to be one of the first goals that I accomplish. On the first day, I was worried that I would be slower than everyone else but when I got to know the rest of the group, I found out I wasn't the only one with learning difficulties and work related barriers. We all quickly became friends in the group and supported each other with family and work stuff. The ALDA staff and psychologist also helped me to understand how to work with my disability and how to ask for



help at work when I needed it. Each day, after workshops, I was so excited with all the new information that I learned. Most importantly, the workshops that I connected with the most are how to interview well, how to ask for help when I need it, budgeting and approaching potential employers. The work experiences were also exciting, I learned how to be comfortable around people and do new things. After each successful evaluation, I also gained a lot of self-confidence and knew I was on the right track to getting the right job. Finally, with all the skills that I learned, I thought that I would just approach an employer to see if he would be interested in participating in a work experience. He was so impressed with how I maintained my professionalism; he offered me a part-time job right away. Now, a year later, I am ready for a new challenge and have just been offered a full-time position in the hospitality industry during the Olympic season. I'm also now independent, have my own place and pay my own bills. And even though I may occasionally have tough times, I always remember what ALDA taught me to get me back on track. I also try to relieve some of my stress by skateboarding, playing the guitar and spending some well deserved time with my girlfriend. As well, I stay in touch with almost everyone from the group and the ALDA Youth Prep staff. I can truly say that the Youth Prep program was the first goal I ever accomplished and a life-changing experience that I will never forget.



Mat

Helping people with unique learning needs develop greater independence!

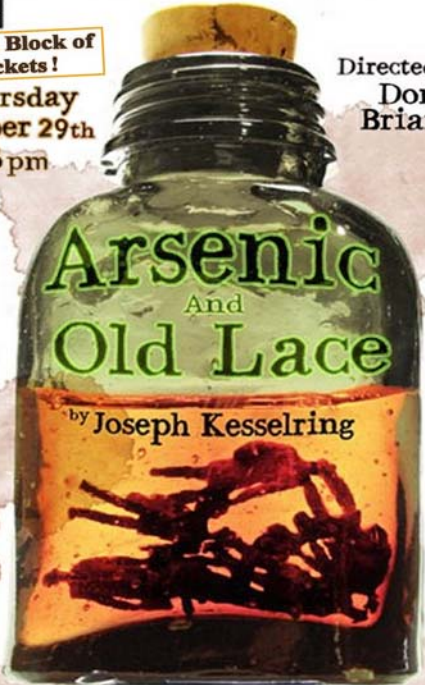


Metro Theatre Proudly Presents

Special Block of Tickets!

Thursday
October 29th
8 pm

Directed By
Don
Briard



TICKETS : \$15/adults/seniors Call 604-683-5554 to Reserve yours!

Proceeds to ALDA

METRO THEATRE : 1370 SW Marine Drive, Vancouver

Design/Illustration: Beola Barry Creative

On the eve of his wedding to Elaine, the nice girl next door, drama critic Mortimer Brewster, discovers that his dear old aunts have been poisoning lonely men and having eccentric brother Teddy, bury them in the cellar. Into this mix come gangster brother Jonathan and his plastic surgeon Dr. Einstein, also trying to dispose of a body.

Help raise money for ALDA during LD Awareness month and have fun watching this hilarious show! If that's not enough then see ALDA CEO Dave McNea play Mr. Witherspoon, the Superintendent of Happy Dale Insane Asylum! GET YOUR TICKETS NOW!

Lots of free Parking! Easy access by bus!
Licensed Lounge and Lots of Fun!



Helping people work with learning disabilities!



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!



British Columbia Lottery Corporation

Know your limit, play within it.



ALDA Adult Learning Development Association

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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!



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. This service establishes 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?

They are role models, who are able to use their own experiences to provide guidance, support and encouragement to others. Our 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

IDEAS TO CONSIDER...

- Use the questions below to help form your personal story
- Write an article in the form of an interview (e.g. Q&A)
- 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?
- 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?

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

THINK
about being a
Mentor!

Call 604-683-5554

