

ALDA

UPDATE

Express!

Spring Edition

Adult Learning Development Association

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I first came to ALDA with no job and almost no money. I knew which direction I wanted to go, but wasn't sure how to proceed. I had found employment myself a few months prior, but it quickly turned into a fiasco.

My dad first spotted ALDA in the Employment Paper and encouraged me to try it, so within a day, we got in touch with them.

It was pretty plain to see why my employment efforts

weren't going so well. My hair often looked a fright, I didn't know how to dress presentably, wasn't skilled in the use of makeup and hair products and perhaps worst of all, lacked any confidence or optimism.

Since that time, I have become a *much* better dresser, while still dressing comfortably, and being able to make myself much more presentable. I have a better understanding of my barriers and more knowledge on how to overcome them. I feel that I am on the right track.



I have successfully found a job as a courtesy clerk, but there's more to me than working in a store. One of my biggest hobbies is 2D (hand drawn) artwork and photo manipulation. I draw cartoons, but I've also done more traditional artwork, such as watercolour and charcoal. I've also done crafts in claywork and beading, but am planning

projects that involve casting resin (liquid plastic).

As well, I have done a number of video editing projects, my most recent work was seen by a board member of the VIFF. I've spent several years learning art and animation at the Art Institute in Burnaby and Vancouver Film School. The advent of technology has allowed animator/artists like me to do things on their own. I find doing things on a freelance basis to be very enjoyable and intend to continue independently.

Some time after I started my new job, I felt I wanted to give back a bit and become a mentor. I have

done volunteer work before, and realized how much it helps. I chose to mentor so that I could tell people that they don't have to be embarrassed to get the help they need.



I'm here today to tell you that ALDA really does do a lot of good, especially in these turbulent times. If more people could use this resource, Vancouver would be an even better place to live.

Hannah



Helping people with unique learning needs develop greater independence!



I first heard about ALDA in 2005. I was particularly interested in the Youth Prep Program because I wanted to learn how to work around my learning disabilities and learn more employment-related skills. I found out that I was accepted into Youth Prep and would start in September which was great! It was nerve wracking when I first started the program and realized I would be in it for six months! It gave me the feeling that I would never get out, but to my surprise, the time went by quickly. I was in a group of five other people and I'm pretty sure that we left a lasting memory as the group our counsellors would never forget! With a very helpful staff and interesting workshops, the six months flew by like it was 6 days. One of the best things I learned was about how to deal with my learning disabilities and difficulties. Finding out that I had one was a shock to me at first, but I think all that means is that I learn differently than other people. After I finished Youth Prep, I heard about ALDA's mentoring program. It interested me and when it was explained to me exactly what I would be doing –



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Helping people work with learning disabilities!



What's it Like?
Presentation Workshop
for In-Depth Employment Assistance Services
Youth Prep

passing on my story and experiences to others with learning disabilities, I thought it would great to become a mentor. It was great to answer their questions and help them become more aware of their learning disabilities. It helps if you know how to move forward, with tips on how to cope with your particular learning disability and get past it! To work around my difficulties, I make sure to ask for assistance whenever I need it and do not let my frustrations get the best of me. I also make sure that I have friends to talk to when I need it. I find it helpful to take small steps. I come up with a to-do list for the day and try to give myself a reward for accomplishing each goal. I stay positive and remember that whatever happens, the positives outweigh the negatives. Coping with my learning disability is a lot easier because I know the steps it takes to be successful. I have been at my present job in the hospitality industry for two years. But due to construction at the hotel I work at, I'm looking for something to fill the gap while the hotel is quiet. I have had a few interviews over the past three weeks so I am confident I will find another job soon. Just remember that the right job is out there. Always remember that ALDA and the mentors are here to help when you need them.

Max

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!



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