



INDEPENDENT MOUNTAINEERS

PROGRAM DESCRIPTION (AGES 18-29):

The Independent Mountaineers Program is designed for young adults (ages 18-29) requiring structured learning activities which support gaining true independence with self care, healthy living practices and taking responsibility for maintaining a balanced lifestyle. These modules are built to provide foundational success in developing stronger skill sets for mastering everyday tasks with less prompting from family members and/or peer mentors. Through weekly practice challenges, planning exercises and the use of digital tools, participants in the course will gradually improve self awareness of the personal responsibilities required to climb the 'Mountain of Independence'.

PROGRAM SCHEDULE:

Tuesday, Wednesday & Thursday (9:30 AM to 11:30 AM)

START DATE:

September 6, 2022

See Modules on Page 2

| Module | Themes | Activities |
|---|---|---|
| Module 1 Daily Routines & Sleep Wellness | Sleep Hygiene Improving daily routines Self-Care | Mountain of Independence Sleep Apps Visual Aids |
| Module 2 Health Management | Personal Hygiene Exercise Making appointments | Private vs Public Healthy Eating Health Passports |
| Module 3 Healthy Habits | Nutrition Safety Awareness Choices & Decision Making | Food Safety Needs vs Wants Creating Balance |
| Module 4 Daily Routines and Independence Skills | Calendar Planning Daily Routines over the Holidays | Agendas "To Do" lists |
| Module 5 Curriculum Review & Learning Reflection Project | | |
| Module 6 Practical Living Skills & Hygiene Habits | Personal hygiene Home hygiene Food hygiene Relationship hygiene | Task Analysis Doing things in Sequence Self-Care |
| Module 7 Relationship Building | Progression of the Levels of Friendship Elements of Healthy Relationships Consent Boundaries | Friendship Pyramid "I" Statements Collaborative Problems Solving |
| Module 8 Independent Living Skills | Managing Anxiety Managing Money Using Public Transportation Community Resources | Mindfulness Apps Making change Reading the Bus Schedule |
| Module 9 Volunteer Preparation | Identifying skills Building new skills Volunteering | Strengths Inventory Interests & Hobbies SMART Goals |
| Module 10 Curriculum Review & Learning Reflection Project | | |

*Please note, Module content and/or order of delivery date is subject to change based on curricular revisions to accommodate student profiles and continuity of learning trends. Please check your monthly program news for updates.