



WHERE TO TODAY?



prescott.

Where to today?

Every day at Prescott, we see people share kindness, support each other and work hard to learn and grow. Everybody has unique talents, skills and strengths. If we work together, we can achieve great things.

We would like to help you build your individual skills, to have more independence and do more of the things you want to do, to make new friends and improve your quality of life. We'll ask you, "Where to today?"

We'll give you lots of different opportunities to find out what's right for you. You can learn to speak up for yourself, express your creative side, improve your health or find a valued role in the community. You can also improve your interview skills, learn about different kinds of jobs, or create artwork to exhibit, gift or sell. It's your choice.

You can also take a risk and try something new—or celebrate yourself, exactly where you are today.

Everybody has different goals. At Prescott, we're here to help support you on your individual journey. We want to get to know you, to support your choices and help you achieve your dreams.

Alice Evans
Executive Director





A vertical strip on the left side of the slide shows several pink flowers with dark brown centers, likely Echinacea, against a blurred green background.

We believe in the rights of
people with disabilities
to be in control of their own lives,
to make their own decisions and
to work towards their own goals in
employment, skill development and
community participation.





**LEARN
SOMETHING**



Life Skills

“Trying new things helps me grow, and I also learn from my mistakes. To be independent, I’ll need to take risks because it is all new.”

— Prescott participant

Would you like to meet new people? To learn new skills and become more independent?

We have lots of activities for you to explore in a safe and friendly environment.

Life skills can help you...

- Improve your communication skills
- Express your feelings in healthy ways
- Learn to speak up for yourself
- Try new things in a safe and fun environment
- Feel encouraged and have fun

Take part in our fun learning sessions and have a good time. You will meet new friends, learn new skills, and share your thoughts and ideas with others.

Where to today?

I would like to...

- ☐ Make new friends
- ☐ Become more independent
- ☐ Share my thoughts and ask questions
- ☐ Express my feelings
- ☐ Improve my skills in the kitchen
- ☐ Load and start a washing machine
- ☐ Learn about the internet and using social media





CREATE SOMETHING



Expressive Arts

“Creativity is intelligence having fun.”

— Albert Einstein

Do you like to be creative? Do you enjoy making crafts, listening or dancing to music, singing and acting? Expressive arts are about doing meaningful and fulfilling activities.

Expressive arts can help you...

- See the big picture
- Get in touch with your thoughts and feelings
- Express yourself
- Solve problems
- Be more productive
- Stay motivated
- Relieve stress

We can help you discover, develop and share your creative talents with others.


What kinds of activities do you like?

CRAFTS	DANCING	PAINTING OR COLOURING	
ACTING	MUSIC	SINGING	PHOTOGRAPHY

I would like to...

- ☐ Make my own crafts
- ☐ Listen to music
- ☐ Sing with my friends
- ☐ Attend a dance party
- ☐ Act out and identify different emotions
- ☐ Design my own fashions or jewelry
- ☐ Draw and create my own comics





EXPLORE SOMETHING



Recreation & Wellness

Do you want to improve your health and well-being? Would you like to connect with others, feel proud of yourself and learn skills to improve your quality of life?

We want to support you to live a healthier and happier life—and have fun at the same time.

Recreative and wellness can help you...

- Exercise and express yourself
- Prepare a healthy snack or meal
- Get outdoors and enjoy nature
- Learn new games and how to work as a team
- Learn about family, friends and relationships
- Reduce stress, feel better, have fun!

What kinds of activities do you like?

GARDENING DANCE & MOVEMENT SPORTS
BOARD GAMES A STROLL OR ROLL IN NATURE
YOGA & STRETCHING COOKING MEDITATION

I would like to...

- ☐ Prepare my own healthy meals
- ☐ Go outside and enjoy the fresh air
- ☐ Try new games with my friends
- ☐ Learn different exercises to stay healthy
- ☐ Learn about dating and relationships
- ☐ Help plant and care for a community garden





**START
SOMETHING**



Employment Services

Would you like to develop your job skills? To meet new people and learn to work as a team?

Prescott Employment Services job coaches can help you look for a job or find a volunteer opportunity at Prescott or in the community.

Places where Prescott participants work include...

At Prescott

- North End Baking Co. & Café
- Pinkie's Thrift
- Home Services Nova Scotia (partnering agency)

In the community

- 2 Crows Brewing Co.
- McInnes Cooper Law Firm
- Pizza Hut
- Sobeys
- Stantec



You can also join Job Links. Job Links is a free series of workshops for people with disabilities who want to meet other job seekers and workers for fun and support.

I would like to...

- ☐ Learn how to work as a team
- ☐ Prepare a résumé
- ☐ Practice my interview skills
- ☐ Find a job and earn a fair wage
- ☐ Find a volunteer opportunity in the community
- ☐ Receive training and ongoing support at my job site





CHANGE SOMETHING



BLACK ROCK
MOUNTAIN
KANANASKIS COUNTRY. ALBERTA. CA

Community Participation

Would you like to explore what living in the community would be like? Would you like to learn how to use public transportation, or how to meet a friend for coffee or lunch?

Everybody has different goals. We're here to help support yours in a safe, fun and friendly environment.

Make new friends and inspire each other to try new things and make new connections in the Halifax community. Meet people of all abilities, backgrounds and beliefs, and share your own thoughts and ideas.

You might also inspire others in the community to...

- Think in new ways
- Learn how to be more inclusive in their businesses, schools and homes
- Redefine what work and success looks like
- Celebrate your determination and courage to lead more independent lives

I would like to...

- ☐ Learn how to use public transportation
- ☐ Handle money and use an ATM
- ☐ Meet a friend for coffee
- ☐ Visit a clothing or grocery store
- ☐ Visit a clothing or grocery store
- ☐ Learn how to ask for help when I need it
- ☐ Change the hearts and minds of others



Here's an opportunity to be creative! Cut out the **EXPLORE CARDS** below and make up your own game. You can make your own rules, too.



Photography: David Simmonds | Backcover artwork: Beth Thompson

**Make
a funny
noise**

How did you feel
when you woke up?
How do you feel
right now?

**Try a new
fruit or
vegetable**

**What makes
you smile?**

Look outside.
What do
you see?

**What makes
you sad?**

**Think of a
place you
would like
to visit**

If you could be a
superhero, what
would your super
power be?

What's something
you wish other
people knew
about you?

**What would
be a weird
or funny job?**

**Listen
to music**

What is your
favourite colour?
Why?

