

*Mainstream is all about people supporting people.*

*It upholds the ideals of mutual respect, the value of individuality and an open mindedness towards the ever changing needs of people.*

# Our Mission

To improve quality of life for people with a developmental disability by providing a supportive environment that strives to empower individuals with the necessary skills and confidence for lifelong learning and growth.

The Resource Centre is funded by the Ministry of Community and Social Services and United Way of St. Catharines and District.



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Mainstream Services

*Interested in volunteering?*  
For more information on volunteer opportunities, please visit our website.



# Contact



# Resource Centre Program

Learning and Training Opportunities

# What We Do

## *Our primary objectives as a service provider is:*

To use a person centred planning process to assist each person to identify their goals and develop a plan of action to meet them.

To offer a variety of learning and training opportunities to allow people to work on individual goals.

To facilitate the development of natural support networks and assist people in acquiring the skills necessary to lead independent and fulfilling lives in their community.

## What Services We Offer

**We provide training and facilitate learning opportunities in many areas, including:**

- ✓ goal planning
- ✓ rights, respect and responsibility
- ✓ self advocacy
- ✓ problem solving
- ✓ interpersonal skills/relationship building
- ✓ food preparation
- ✓ basic literacy and numeracy skills
- ✓ computer skills
- ✓ health and fitness
- ✓ community involvement
- ✓ pre-employment and job readiness training
- ✓ supported community placements
- ✓ community, workplace and personal safety

Small group instruction takes place in a comfortable, relaxed environment where individuals are encouraged to work on personal goals and make independent choices.

## Our Goals

- Offer a person-centred planning approach to assess each person's quality of life and access community services.
- Help people identify personal goals and create an action plan to achieving those goals.
- Provide individualized support to assist people to work towards their goals.
- Make opportunities available for individuals to pursue their interests and goals.
- Facilitate the development of natural support networks and assist people in acquiring the skills necessary to lead independent and fulfilling lives in the community.

## Who is Eligible

### **Individuals must...**

- have a developmental disability
- be 18 years or older
- be motivated to work toward greater independence and skill development
- be able to participate in group settings
- have basic personal self-care skills compatible with the amount of support available
- be able to travel to the program independently or have alternate means of transportation

If you are interested in the Resource Centre Program, please apply through Contact Niagara at [905-684-3407](tel:905-684-3407)