

## WHAT'S THE COST OF LRP?



**Application due: July 8th, 2020**  
(Spots are not guaranteed /wait-listed program)

**Cost: \$300 weekly**  
(bus pass and lunch/snacks are included within this cost)

Each participant will also need to bring **\$50** cash for spending money. This will be used for activities, restaurants or any other shopping done while in the community.



## What Does the Week Look Like?

**Monday to Friday**  
**9:00am - 4:00pm**

**Week 1 and 2** will be at 114 Concession street recreation Center.

**Week 3 to 7 - to be determined**  
**\*no overnight\***

*PH Durham recognizes the ongoing financial support and sponsorship of; Harry Foster Foundation and Ministry of Community and Social Services.*

Participation House Project services include:  
24 hr Residential Supports, supported independent living options, respite programs that promote skill development including day, afterschool and weekend programs and Person Centred Plan Development.

Our agency promotes services where persons with disabilities are included as full, participating members of the communities in which they live and work. Our practices are guided by a fundamental belief of respect for one another, understanding the uniqueness of each person and the inclusion of all citizens within their community.

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**ACHIEVING EXCELLENCE WHILE INSPIRING GREATNESS**



**THE PARTICIPATION HOUSE PROJECT**  
**(DURHAM REGION)**

## LIFE READINESS



**Week 1: July 20-24**  
**Week 2: July 27-31**  
**Week 3: August 3-7**  
**Week 4: August 10-14**  
**Week 5: August 17-21**  
**Week 6: August 24-28**  
**Week 7: August 31-Sept 4**

# What's LRP All About?

Life Readiness Program (LRP) is a 5-day summer respite day time experience based out of Bowmanville and Whitby. The program promotes independent living skills through supported learning opportunities, demonstrations, and practical real-life experiences.



Trained Facilitators work with the participants to set objectives for skill development and provide guidance in their attainment.



## Who Can Attend LRP?

- Are you 18 and older with a developmental disability?
- Interested in meeting new people and exploring your community?
- Interested in learning skills to live more independently?

Answered **YES** to any of the above, and have a developmental disability?

## LRP Experience Includes:

Goal Attainment  
Grocery Shopping  
Cooking

Public Transit Safety  
Public Transit Training

Community Outings

Building New Relationships

Fun Activities

**Participation Houses strategy to Covid-19 is to be proactive, responsible and responsive. Our first and foremost priority are the safety of participants and staff. We will be providing Covid-19 education and safety skills to all of our participants.**

