

Life Readiness Program(LRP) 2025

What is LRP?

The Life Readiness Program (LRP) is a community-based, weeklong overnight experience held at the Residences at Durham College. Participants arrive on Monday at 9:00 AM and wrap up their week on Friday at 4:00 PM.

This popular program focuses on building essential life skills in a supportive and inclusive environment. Participants will explore and grow in areas such as:

- Meal planning and preparation
- Budgeting and shopping
- Navigating public transit
- Community awareness and safety
- Personal wellness
- Social skill development
- ...and much more!

Are you - or do you know someone - 18 years or older with a developmental disability? If you're looking to meet new people, gain independence, and develop valuable life skills while having fun, we'd love for you to apply!

\$900.00 per person
+ \$100.00 spending cash required

Included In Your Fee:

- ✓ 5-day, 4-night accommodations
- ✓ 24 hour/day PH staff support
- ✓ Transportation costs
- ✓ 3 meals per day + snacks & drinks
- ✓ Onsite activities

Program Dates:

- ✓ Week 1: July 7th - 11th
- ✓ Week 2: July 14th - 18th
- ✓ Week 3: July 21st - 25th
- ✓ Week 4: July 28th - August 1st



Applications must be received by Friday June 6th, 2025

Space is limited and spots are not guaranteed.

Each participant will be assigned 1 week only.



FOR MORE INFORMATION CONTACT ON HOW TO APPLY CONTACT:
Mariam Maskell, Manager - Community & Transitions

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