

# What program is best for me?

<b>What experiences are you looking for?</b>	Skill building for independence and social skills	Participate in recreation sports groups	Borrow adapted recreation equipment	Connect with friends virtually	Ready for work skills	Preparing for Post-Secondary	Youth sharing experiences	Taking steps toward adulthood
<b>Programs</b>	<a href="#"><u>Life Skills Development</u></a>	<a href="#"><u>Adapted Recreation &amp; Sport</u></a>	<a href="#"><u>Adapted Equipment Loan Program</u></a>	<a href="#"><u>Friendship &amp; Belonging</u></a>	<a href="#"><u>Employment Pathways</u></a>	<a href="#"><u>Post Secondary Transition</u></a>	<a href="#"><u>Youth Engagement</u></a>	<a href="#"><u>Bridging to Adulthood</u></a>
<b>Referral Criteria</b>	Holland Bloorview client  Ages 7 – 18 (21 if in high school)  Youth can share life skills goals	Holland Bloorview client  Ages 5 - 18 (21 if in high school)	Holland Bloorview client  Ages 5 - 18 (21 if in high school)	Holland Bloorview client  Ages 7 - 18 (21 if in high school)	Holland Bloorview client  Ages 14 - 18 (up to 1 full year of high school to go)	Holland Bloorview client  In Grade 11, or beginning of Grade 12	Current or Former Holland Bloorview client  Ages 14 - 29	Current or Former Holland Bloorview client  Ages 14 – 18 (21 if in high school)
<b>What the programs actually do</b>	Individual coaching, Group programs, Family consultation and community connections	Wheelchair Basketball, All abilities Soccer, Sledge Hockey	Free 2-week loan of equipment – examples include hand cycle, sensory items, swings, ice sledge.	2 virtual groups with games, music, friendship & conversations. 1 month commitment.	Volunteering or Employment experiences, Job Coaching, Consultation	Explore school options, accommodation, and funding planning	Improve hospital program and clinic experiences.	Learn about and meet adult programs and services. Personal planning and application support.
<b>Are there Fees?</b>	Yes, program specific	Some activity specific fees	No	No	Yes, program specific	No	No	No
<b>How to refer</b>	<a href="#"><u>Self refer</u></a> (some services require screening)			<a href="mailto:friendshipparticipat@hollandbloorview.ca"><u>Please email friendshipparticipat@hollandbloorview.ca</u></a>	<a href="#"><u>Self refer</u></a> or referred by an HB service provider (some services require screening)	<a href="#"><u>Self refer</u></a> (some services require screening)	<a href="mailto:youthleader@hollandbloorview.ca"><u>Please email youthleader@hollandbloorview.ca</u></a>	<a href="#"><u>Self refer</u></a> Screening required
<b>Waitlists?</b>	6-9 months	depends on availability and season	Depends on availability of equipment	depends on availability	1 year	1 year	None	2 weeks