

Personal Development Classes FAQs

What are Personal Development Classes?

- Personal Development Classes are group classes that are offered by the Support Approach Team through Supported Lifestyles to individuals who receive supports from PDD. We offer five specific classes twice per year, once in the fall and once near the beginning of the new year. These courses are Anger Management, Women's Group, Men's Group, BUDS (Social Skills) Group, and Sexual Education and Healthy Relationships Course. We also offer Cyber Safety in the Spring and at times another one of the core classes if there has been a lot of interest expressed.
- Classes are typically held by two facilitators and include discussion, brainstorming, worksheets, group participation activities and games, and more. All classes are held in the same location, and we do not go on outings as part of the class.

Who can attend classes? What if I do not receive supports from PDD?

- Any person who receives supports from PDD (Persons with Developmental Disabilities) can apply to attend classes. As we are funded through PDD, we can only accept applicants who are supported by PDD and have included their PDD ID number on the application.

Where are interviews and the classes held?

- Both interviews and classes are held at 1914 9th Ave SE (large bluish-grey Victorian style house). The facility is an office building that does not have a waiting area or reception, so please ensure that you arrive on time (not too early, and not late) to both your interview and classes. Facilitators arrive about 15 minutes early to classes and will open the doors at that time. Interviews occur consecutively during a designated period of time, so if you are late or early to your interview, it is likely someone else will be interviewing and/or there may not be enough time to complete your full interview. Please ensure you are on time.
- When accessing the 1914 building, please use the double doors at the front left-hand side of the building (unless you require a ramp for access which is located at the back door). We ask that you do not ring the doorbell at the building as the doorbell is attached to the phone systems and will not give any access to facilitators. Those who have offices at the 1914 building generally are unable to help with Personal Development Class questions or concerns.

Is the cost \$10 per week or \$10 for the whole course?

- The cost to the individual is \$10 total for the whole course. Fees are collected on the first day of classes. Please do not send in fees with application or at the interview.

Can I apply if I have taken the course before?

- Yes! You are welcome to apply if you have taken the course before and are able to take the course numerous times permitting there is space. However, if there is high demand and we are unable to accommodate all who have applied for a specific course, preference will go to those who have not taken the course recently. Please also note that subject matter and material may be the same or similar to past sessions.

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I missed the application deadline. Can I still apply?

- Individuals who apply for a class after the deadline may still be considered for acceptance into the group, if time and space allows. If groups have already started, you will need to wait until next session.

How do I book an interview?

- To book an interview, please include the appropriate contact information in the space provided on the application form, and we will contact you.

I am not able to attend the interview dates. Can I still come to the class?

- All individuals who would like to attend classes must attend an interview. If you are unable to attend the interview dates set aside, please contact Elyse to see if alternative date arrangements can be made. This may not always be possible
Interviews are held during the two weeks prior to the classes beginning and are held on the same day of the week as the class. For example, if Women's Group is scheduled for Wednesday afternoons, interviews will be on a Wednesday afternoon.
- Additionally, those who have applied for multiple classes must attend an interview for each class. As an example, if an individual applied for both Anger Management and BUDS class, an interview for each class must be attended. As interviews are conducted by the facilitators for the specific class, it is unlikely that the individual will be able to attend two interviews on one date. Please keep this in mind when applying for multiple classes.

The class that I want to attend isn't on a day of the week that works for me. What can I do?

- When creating the class schedule, we try our best to mix up the days of the weeks that classes are on to ensure interested participants have an opportunity to attend the class they want and can still balance other commitments such as work, volunteer, and other social and recreational programs. You may forward your day of the week request to Elyse and she will try to accommodate in a future session.

Can or should my support staff attend the course with me?

- We encourage participants to attend class with or without supports- however they usually spend their day. Facilitators are present to provide the material to the class and are unable to provide support needs (e.g., behavioural support, personal care, supervision etc.).

I can't cope with group settings but I could really benefit from the material. Are there other options?

- Please contact Elyse should this be a concern for you.