

Build your skills & experiences

What to do when waiting to join our employment experience programs

Seek out new opportunities at home and school

There are lots of things you can do to build your responsibility, independence, self-advocacy, social skills and confidence. These are all important employment readiness skills.

- **Participate in chores:** Check out our **How chores can help you get a job tip sheet**
- **Gain work experience through school:** Speak to your guidance counsellor about options for co-op or gaining work experience through your school.
- **Volunteer:** Find opportunities on www.volunteertoronto.ca or see if your guidance office has information on opportunities in your area.
- **Extra-curricular activities:** Join a club or recreation or sports activity at your school or community centre.
- **Learn to use public transit:** You need to take transit to get to work. Practice taking public transit with friends and family.
- **Explore jobs and careers:** Read our tip sheet **Choosing a career that is right for you**

Get more transition information

- **Join Holland Bloorview's Transitions, Recreation & Life Skills mailing list:** You will receive monthly updates about upcoming events, workshops and supports. Click on the following link: <https://hollandbloorview.ca/services/programs-services/transitions>. You should see a green banner at the top of the screen. Enter your email address and press "sign up".
- **Explore Holland Bloorview's transition Pop-ups and other transition to adulthood supports:** If you have not attended these in the past you must sign up for the "Welcome to Transitions" virtual pop-up as a first step. <https://hollandbloorview.ca/services/programs-services/transitions/transition-pop-ups>

Questions? Email us: employmentpathways@hollandbloorview.ca