



Young Adult Services

Connections SLP



WHO

Young adults who have recently completed high school who would like support to navigate social interaction through their next experiences.

WHAT

Our services for young adults focus on helping clients to continue developing confidence and skills to navigate personal, school or workplace relationships. Clients may work with a speech-language pathologist and/or occupational therapist depending on their goals. Examples of areas we support include:

- exploring different conversation styles
- figuring out what to talk about with others
- navigating unspoken social information
- finding friends with shared interests
- organizing and participating in social gatherings
- managing conflict and challenging conversations
- advocating for sensory and communication needs
- maintaining sensory health
- understanding changing family dynamics



HOW

- Clients may be seen individually or in small groups depending on their preference.
- Sessions range from 1-2 hours in length depending on the number of participants.
- Session content is developed based on the goals, strengths and needs of the clients.
- A supportive family member typically attends some of the session in order to help the client to apply what they have discussed in the sessions to their daily experiences.

For more information:

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