

A Light in Your COMMUNITY

Our innovative housing project LIGHTS continues to help individuals with an intellectual disability achieve independence by providing them with an opportunity to live in their own home with the support of their families, friends and caregivers.



Individual participants from the most recent STEPS workshop take time out of their busy schedule to say “cheese”.

Without partnerships, LIGHTS would not be able to provide top-tier support to ensure individuals who are ready to make this big step towards independence have the tools and supports they need.

Recently, a number of individuals engaged in LIGHTS participated in a ‘STEPS to Independence’ workshop.

This 10-week workshop, led by LIGHTS Facilitator Laura Starret and Masters of Social Work student Erin O’Rouke helped participants learn the skills needed to live on their own.

The workshop was so popular that it is currently being planned to run as one of the ongoing programs offered out of Community Living Toronto’s Community Junction Hub.

STEPS to Independence workshops stem from a guidebook that provides an opportunity for individuals with an intellectual disability to see how prepared they are for semi-independent living. It provides a holistic tool to help someone with their goal of living independently with supports by starting the conversation, identifying current skills, determining skill areas for improvement (where more learning can happen), and next steps to focus on. For information on this fantastic tool, visit www.connectABILITY.ca

LIGHTS networking events

Networking is key for individuals and families seeking information and to connect with others. A number of networking evenings are being planned for LIGHTS this year. Individuals and families curious about LIGHTS are welcome to attend.

The next LIGHTS networking evening will be held on September 10th at the Victoria Village Hub (1527 Victoria Park Ave., 2nd Floor). The evening will focus on a Parent Panel sharing their experience in creating a living arrangement for their family outside of their family home.

For more information, contact Laura Starret at lights@cltoronto.ca or 647.729.1156

Filling the Gap

A gift to LIGHTS will help provide funding for those in need and seeking a home of their own. Visit our website at www.LIGHTS.to and make a gift today!

