



CHHS PLP

TRANSITION TO ADULTHOOD GUIDE



Considering where to go next after your time at Crescent Heights High School? Here are some resources and agencies to help you explore your options and next steps.

ALBERTA GOVERNMENT SUPPORTS



Persons with Developmental Disabilities (PDD)

PDD helps adults with developmental disabilities to live as independently as possible in their community.

Alberta.ca



Assured Income for the Severely Handicapped (AISH)

Financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living.

Alberta.ca

ADAP - new July 2026



Adult Guardianship and Co-Decision Making



Transition to Adulthood (16+)

For all PDD, AISH, Guardianship, Psychological Assessment questions and support as well as connections to agencies not listed in this guide, please contact Easter Seals

<https://easterseals.ab.ca/transition-to-adulthood-support/> or email info@easterseals.ab.ca or call 403-235-5662



EMPLOYMENT SUPPORTS



<https://vecova.ca/our-services/>
Email: info@vecova.ca

Explore Our Services:

Employment



Housing



Mental Health



Wayfinder



Training



Employment Services

We offer a variety of services for job seekers with barriers to employment.

These services include:

- assessment
- career exploration, planning and counselling
- job search design and job skills training
- learning and essential skills acquisition
- work experience and placement
- mentoring and on-the-job and retention support
- workplace integration



<https://www.prospectnow.ca/the-worx/>

What we do

The WORX provides employment search services to Calgarians with all types of disabilities. In addition to information resources and assistive technologies, The WORX also offers a variety of employment services including:

- Employability assessments
- Career counselling
- Education and skill training placement
- Peer support
- Employer hiring events

Contact Us

Phone: 1.877.483.2562

Email: info@prospectnow.ca



Calgary

1206 20 Ave SE

Calgary, AB T2G 1M8

Tel: 587-779-7888

<https://gatewayassociation.ca/job-seeker-support/>

Employment Resource Supports

- ✓ Career Exploration
- ✓ Action Plan Development
- ✓ Accessing Post Secondary Training and Certification Opportunities
- ✓ Resume Development
- ✓ Digital Literacy Training
- ✓ Individual and Group Learning
- ✓ Employment Preparation
- ✓ Job Search Support
- ✓ Employment Placement
- ✓ Training and Job Retention Supports

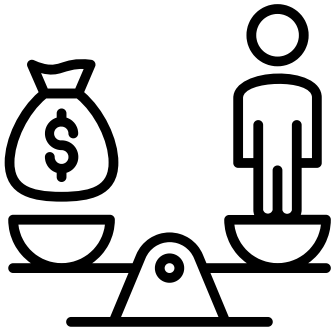
EMPLOYMENT SUPPORTS



<https://www.calgary.ca/careers/youth-employment.html>

FREE CAREER AND EMPLOYMENT SERVICES FOR YOUTH
BETWEEN THE AGES OF 15 AND 24

Youth Employment Centre (YEC)



The City of Calgary Youth Employment Centre (YEC) provides free, in-person drop-in employment services. We offer resume targeting, job search strategies, interview preparation, career planning, connections to employers who are hiring, and more.

Visit the YEC for drop-in employment services

Important: Your social insurance number (SIN) is required for registration and to meet with an employment counsellor.

Location: Alberta Trade Centre, 2nd floor, [315 10 Avenue SE, Calgary, Alberta, T2G 0W2](#)

Drop-in hours:

Monday, Tuesday, Thursday, Friday, 8:30 a.m. - 5:00 p.m.

Wednesday 8:30 a.m. - 6:00 p.m.

Closed statutory holidays

Contact us: 403-268-2490

No appointment is necessary, but registration is required during your first visit to YEC. The registration process may take up to an hour.

Registration is not available between 12:00 p.m. - 1:00 p.m. Computer lab and other resources are still available during this time.

Other services

Industry Training Certificates at No Cost to Youth

- Construction Safety Training System (CSTS)
- Workplace Hazardous Materials Information System (WHMIS)
- ProServe
- Standard first aid/CPR level C

Please note that all industry trainings are offered at no cost by YEC. Youth will be required to come to YEC and meet in-person with an Employment Counsellor who will assess their financial need and career goals. Availability of industry trainings may change depending on the time of year.



Calgary Career Hub
Centre de carrière - Calgary

<https://www.calgarycareerhub.com/program-overview>

Calgary Career Hub is for unemployed and underemployed Calgary residents that are actively looking for a job.

We also support employed people that would like to change careers. We can help you to identify your transferable skills and build an updated resume.

The support you access at Calgary Career Hub depends on your career situation. It might include:

- **One-to-one coaching:** refine your career goals and learn how to sell your skills and experience to hiring employers
- **Online workshops:** get the practical knowledge and the job search skills you need to find work
- **Virtual Resource Room:** access a range of invaluable resources that will help you with your job search, available at a time that suits your needs

Contact Info

403-201-4122

Address

#130-75 Crowfoot Rise NW
Calgary, AB T3G 4P5

UNIVERSITY AND COLLEGE BASED EMPLOYMENT PROGRAMS



<https://www.mtroyal.ca/tvp/prep/index.htm>

Employment Preparation Certificate

General Information | [Is it for you?](#) | [Course descriptions](#) | [Students in action](#) | [Tuition and fees](#) | [FAQs](#)

The Employment Preparation Certificate is a full-year certificate program that runs from September to August and assists you in preparing for competitive employment and community living. It combines on-campus instruction with community-based work practicums. You will work with an Employment Specialist who will provide assistance on the work site.

The program assists you to:

- develop a vocational choice/goal
- improve skills for getting and keeping a job
- improve job-related and personal organizational skills
- develop positive attitudes and habits necessary for successful employment
- enhance social skills
- manage a more independent lifestyle

We strongly encourage students to take Calgary Transit independently. We recommend that you book time with the Calgary Transit travel trainer immediately. Phone [403.537.7862](tel:403.537.7862) to book an appointment.

<https://www.mtroyal.ca/tvp/parttime/index.htm>

Build skills you can use every day

Our part-time courses support students as they build life skills, such as interpersonal communication and meal planning, as well as improve their ability in areas including reading, writing and math. From learning how to code to preparing to take the learner's licence test, these courses are designed to meet students' practical needs and interests. To see all course descriptions, click [here](#).

Spring registration is now open!

Questions? Contact us:

403.440.6872 or tvp@mtroyal.ca



Services designed to provide employment advising, training, skills development, and follow-up support to promote long-term job sustainability.

Step 1: Preparation

We discover your interests and help you develop employment skills so you can do something you love.

Step 2: Placement

We help connect you with employers. Over **80%** of individuals in our program secure employment.

Step 3: Sustainment

We offer support after you're employed. Over **80%** of individuals retain their positions after 3-month probation.

Program Entry Requirements

The program is available to adults with developmental disabilities who are approved by the Persons with Developmental Disabilities (PDD) program and meet their criteria. For enrollment information please contact:

Dawn Moxley,

Team Leader, Employment Services Program

dawn.moxley@columbia.ca

403-235-9300 ext. 9411 | 1-888-235-9370

INDUSTRY SPECIFIC TRAINING OPTIONS

Trade Pathways Program – Alberta Construction Association

- <https://www.tradepathways.ca/>
- Currently for 18+ individuals ready for full time employment.
- Not students still attending school.
- Free tools, work wear and PPE.
- Training & certifications.
- Paid work experience placements.

On-Line Child Care Orientation Course Certificate

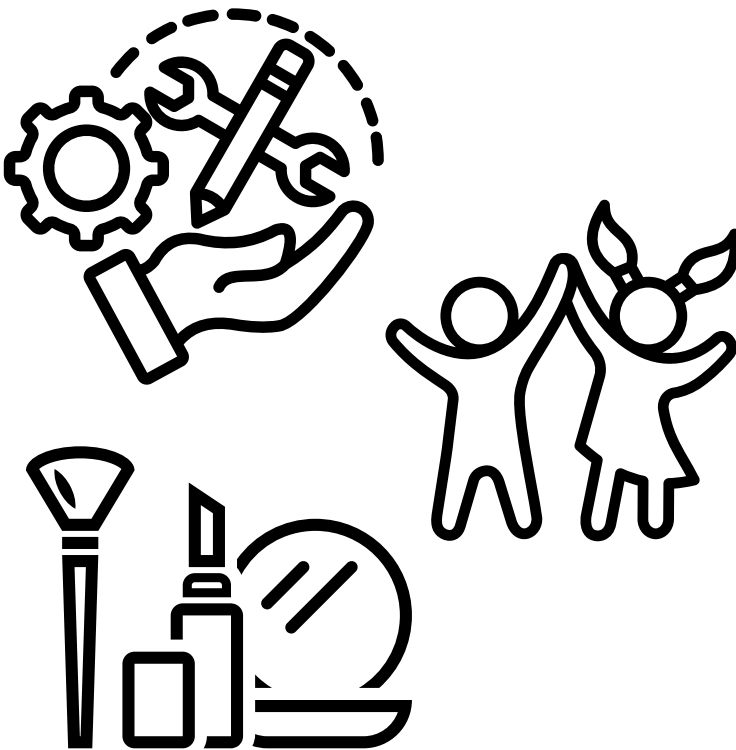
- <http://childcare.basecorp.com>
- The Orientation Course for Child Care Staff is a non-credit course that reviews aspects of early childhood development and the role of the caregiver. This course is funded by the Government of Alberta with no cost to the participant. It is open to high school students by a teacher's referral or a referral from child care facility after high school.

Apprenticeship Resource

- <https://www.apprenticesearch.com/>
- For individuals ready for full time employment.
- Not for students still attending school.

The Esthetics Institute / Cosmetology:

- www.estheticinstitute.ca
- The Esthetic offers courses in the following areas: Facials, Advanced Facials, Body Treatments, Waxing, Make-up Artistry, Artificial Nails, Manicures, Pedicures, Advanced Pedicures, Swedish massage, Hot & Cold Stone Massage, Laser, Photo Rejuvenation and many specialized workshops. Class size is small including only 7 – 8 students.



POST SECONDARY EDUCATION



MOUNT
ROYAL
UNIVERSITY

Mount Royal University Inclusive Post-Secondary Education

- <https://www.mtroyal.ca/IPSE/index.htm>
- Inclusive Post-Secondary Education provides support to students with developmental disabilities to explore their potential and develop friendships within a university environment. Students are enrolled in a variety of programs of study throughout the University. They are encouraged and supported to connect with their classmates, get involved in various on-campus extra-curricular activities and events, and to pursue interest specific practicum and work opportunities.



Bow Valley
College

Open Studies

- Get credits in a BVC post-secondary program
- Explore programs before you commit
- Take post-secondary courses while you upgrade or take English Language Learning courses
- Visit their website to see their list of open studies courses or to request more information
<https://bowvalleycollege.ca/program-s-courses/open-studies/open-studies>
- They offer upgrading as well:
<https://bowvalleycollege.ca/applying/academic-upgrading>



UNIVERSITY OF
CALGARY

ST MARY'S
UNIVERSITY

University of Calgary/St. Mary's Inclusive Post Secondary Education Program:

- <https://www.ucalgary.ca/student-services/ipse>
- Inclusive Post-Secondary Education helps Students' with a developmental disabilities to experience social connections and educational and personal growth during a 4 year program in a university environment. The primary aim is to build relationships, meet new people, and connect with peers and creating lifelong learning. Students' have individualized schedules and personal goals.



SAIT Upgrading

- Meet admission requirements for SAIT career programs
- Access to academic upgrading liaisons who assist you with program planning and refer you to additional SAIT resources to support your success.
- Students are advised to contact upgrading@sait.ca or call (403) 210-5756.
- <https://www.sait.ca/programs-and-courses/academic-upgrading>

SAIT – Regular Programing

- SAIT offers a variety of diplomas and certificates, as well as apprenticeship programs. Some programs require specific high school courses which can be obtained through upgrading if they were not completed in high school.
- <https://www.sait.ca/programs-and-courses>

Looking for Student Loan Information?

Alberta
Student Aid

WELLNESS SUPPORTS



Youth Health Centre

The Youth Health Centre is a safe and supportive place for youth ages 12-24 to get health and social care from a trustworthy and caring team of doctors, nurses and social workers.

Youth Health Centre

Booking by APPOINTMENT ONLY



Ages 12 – 24



Monday – Friday, 10:30am – 5:15pm



#104 2840 2 Ave SE

Accessible through Calgary Transit Blue Line
LRT – Franklin Station



Call 403-520-6270



Email youthinfo@thealex.ca



Need Help?

Free. Confidential.

Live Answer 24/7



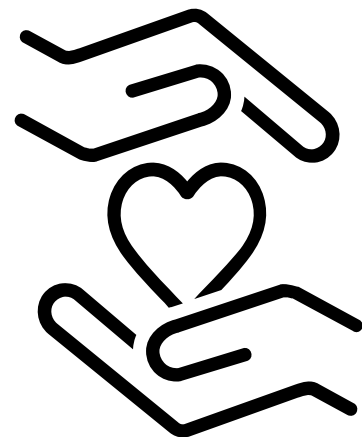
Call 2-1-1



Text INFO to 211



Chat with 211



DISTRESS CENTRE

24 HOUR SUPPORT | COUNSELLING | RESOURCES

24-HOUR CRISIS LINE | TEXT OR PHONE: 403-266-4357

24-HOUR CRISIS SUPPORT

| CRISIS COUNSELLING

| 211

| COORDINATED ENTRY

Mental Health Help Line

 **Location:** Alberta Wide

The Alberta Health Services Mental Health Help Line is a 24 hour, 7 day a week, 365 days a year, confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.

Contact Details



Phone

[1-877-303-2642](tel:1-877-303-2642) (Toll free)