



Take 45

Welcome, all, to Take 45, presented by Connect 4 Life Charity. We are enthused to host this ultramodern drop-in intake session that helps us get to know you and get you the help you need. Our goal is to deliver a service that appreciates individual uniqueness, promotes accessibility for all, and gives you access to the services and help you need while discussing topics marginalized communities face including employment, mental health, and skills development. Join us and take 45 minutes, tell us about yourself, what you want to do and learn, and how our programs and services can make a difference to help us help you. Welcome to Take 45.

Start Date/Schedule Overview

Participants will have the opportunity to attend a virtual drop-in session one day a week, every week starting in 2025. Accommodations will be provided for anyone with a difficulty hearing, seeing, speaking, moving, or understanding discussions and information presented. Each drop-in session will take 45 minutes permitting flexibility for any schedule to allow engagement with this amazing service.

Session Resources

Attendees will have access to a booklet of interactive activities based on the topics that will be covered during each Take 45 session. Once attendees complete the session and interactive activities, they can sign their name to a certificate of completion at the back of their booklet of interactive activities.

Topics Covered

- Mental health awareness
- Employment trends and preparation
- Skills development

No other demographic faces more outright negativity or discrimination without outcry than people with disabilities who face consistent difficulties accessing services and transportation, navigating various built environments, and applying for jobs.



Despite this, people with disabilities greatly contribute to society as they are family members, friends, neighbors and more and contribute significantly to Canada's economy. By attending this session, you are actively raising awareness and making a wonderful contribution.

Fees and Pricing

For everyone: FREE

Attendees of this drop-in session will not be required to pay any entrance fee. The benefits of this session far outweigh any price to host it.

Contact Information

To get started, visit www.connect4life.ca or email our Program Director Aisha at aaisha@connect4life.ca!

Survey and Feedback

Collect feedback from attendees for use in improving future drop-in sessions. Also opportunity to refer attendees to more specific services at Connect 4 Life Charity.

Closing Thoughts

Thank you all for taking part in the wonderful experience of our Take 45 drop-in sessions. We truly appreciate the opportunity to get to know you as clients and people through vibrant and insightful conversations. These sessions will help our organization better deliver its programs and services and achieve its mission by helping them acquire the services and help they need to reach their unique goals and dreams. By working with our other social service and community partners, we strive to continue working towards advocacy, public embracement, and empowerment of marginalized groups and people.