



Take 45

Welcome to Take 45, proudly presented by Connect4Life Charity. We are excited to offer this modern, 45-minute drop-in intake session designed to help us learn about you and connect you with the support you need. Our commitment is to honour individual uniqueness, promote full accessibility, and provide meaningful access to services while exploring key topics impacting marginalized communities, including mental health, employment, and skills development. Take 45 minutes with us—share your goals, your interests, and what you hope to learn—and discover how our programs and services can support your journey.

Start Date/Schedule Overview

Participants can join a virtual drop-in session once a week. Full accommodations will be available for anyone who experiences difficulty with hearing, vision, speech, mobility, or understanding the information discussed. Each session is 45 minutes in length, offering a flexible format that fits easily into any schedule and encourages meaningful engagement with this service.

Full accommodations will be provided to ensure every participant can fully engage in the session. This may include, but is not limited to:

- **Real-time captioning** for participants who are Deaf or hard of hearing
- **Large-print, high-contrast, or screen-reader-friendly materials** for participants with low vision
- **Plain-language explanations**, visual supports, or step-by-step guidance for participants who benefit from cognitive accessibility
- **Speech-to-text tools** or alternative communication methods for participants with speech-related disabilities
- **Flexible pacing**, breaks, or modified participation formats for individuals with mobility, stamina, or processing-related needs
- **One-on-one support** during or after the session for anyone who requires additional assistance navigating the content

Session Resources

Attendees will receive a booklet of interactive activities tailored to the specific areas they are seeking support in. Each booklet is personalized to reflect the participant's goals, interests, and focus areas, ensuring that every activity is meaningful, relevant, and directly connected to their individual needs.



Topics Covered

- **Mental health awareness** — Understanding wellness, stress management, and available supports
- **Employment trends and preparation** — Exploring current labour market needs and building job-ready skills
- **Skills development** — Strengthening practical abilities that support personal, academic, and career growth
- **Additional topics based on individual needs** — Sessions may also include other areas of support depending on each participant's goals, interests, and unique circumstances.

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.

Contact & Registration

Email:

Participants can contact our Program Director, Aisha, at aaisha@connect4life.ca for questions, support, or additional information.

Registration:

Participants can register for a Take 45 session through our [Google Calendar booking link](#), where they can select a date, confirm attendance, and receive automatic reminders.

Intake Form:

After registering, attendees will complete a brief **intake form** to help us understand their goals, support needs, and areas of focus. This ensures each session and activity booklet is tailored to the individual.



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.