



RISE Program Costs

Programs run weekly for 6 - 8 weeks. Courses start at \$135 per person.

Workshops and activities are offered each month and change depending on the season. Costs will range depending on the activity being offered.

All courses and activities must be paid and signed up for in advance. Space is limited.

Mission and Values

E3 Community Services' primary responsibilities are to support both Adults and Children in getting full value as participating citizens in the community. We embrace the principles of inclusiveness, integration, individualization and community acceptance.



E3 Community Services

Is a non profit organization.
Charitable reg. #106954480-RR0001

TO REGISTER, VOLUNTEER OR DONATE

PLEASE CONTACT:

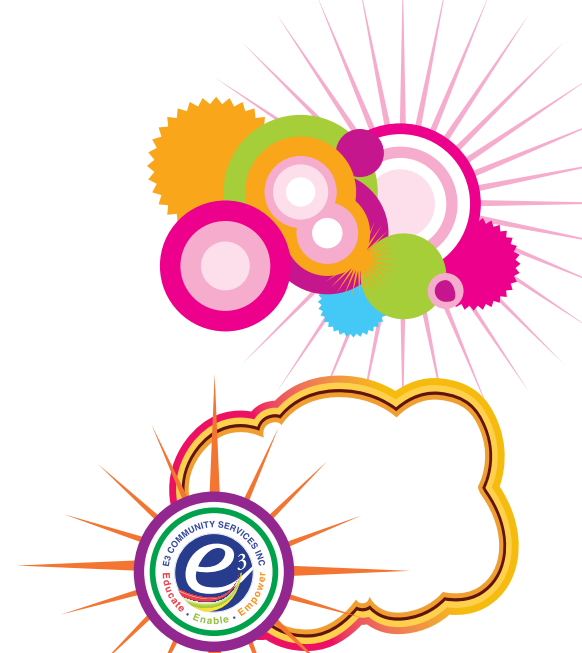
705-445-6351

rise@e3.ca | www.e3.ca

Facebook @E3RISE

Head Office:

100 Pretty River Pkwy North
Collingwood, ON L9Y 4X2



RISE



Recreational, Independent, Social,
and Educational Programs for
Adults and Youth with
Developmental Disabilities

RISE is brought to you by
E3 Community Services



RISE Programs and Services

RISE is a program offered by E3 Community Services and provides programming to adults and youth with a developmental disability who wish to be involved in their community, seek to continue their education and expand their interests and social networks.

Available Courses:

Healthy Relationships

This course will help you understand and learn the social skills needed to start and continue relationships in a safe and healthy manner. It will help you to understand your own and others sexuality, includes: personal space, legal consequences, consent, types of relationships, and dating safety.

Circles

Using 6 colour coded circles this course teaches social distance and levels of intimacy. It looks at feelings, behaviours and appropriate actions and distances from the centre circle (individual). Degrees of intimacy and how to adapt behaviours to social norms, appropriate levels of talk, trust and touch, privacy, personal health, safety and social media are also discussed.

Discovering Communication

Assists individuals with developing communication skills and identifying differences and similarities in individuals. Self-development and self-realization of learning style as well as discussing self-esteem, values, learning how to give and receive information, problem solving, overcoming challenges, body awareness, eye contact and more.

Pre-Employment Training Program

Ask for more details by emailing us at rise@e3.ca.

Community Activities

Fall: Creemore Tour and Lunch
Experience Collingwood Tour
Fishing (Sept to Oct only)

Winter: Guided Snowshoeing
Skating on the Pond
Winter Sleigh Rides

Spring: Fishing & Boat Tours
Free Spirit Canoe Tour
Creemore Tour and Lunch
Elmvale Zoo Tour
Discovery Flights

*Ask us about our summer programs!

Art Workshops

Enjoy painting, jewellery making and more from local artists in the community.

Advanced sign up and payment is required for all courses and activities.

