



1804 – 2nd Avenue South
Lethbridge, AB T1J 0G4
Phone: 403-329-1262 **Fax:** 403-329-0203
Email: admin@peaksupportservices.org

DAY PROGRAM

OUR FOCUS

To provide support to adults with disabilities that have received funding through Persons with Developmental Disabilities (PDD). Peak's primary focus in support is fulfilling your support needs, helping you achieve your goals and assisting you in developing friendships and community connections. Peak offers a variety of onsite and offsite activities. We provide a consistent program that runs weekdays from 8:30 am-3:30 pm.

OUR SERVICES

- Community based activities such as swimming, bowling, movies going to the gym and more!
- A health and wellness program that includes fitness planning, individual and group classes, cooking clubs, gardening and emotional regulation classes.
- Learning about self advocacy and Leadership
- Art and craft opportunities
- Employment opportunities, including resume writing, job procurement, job matching and on site job coaching and support.
- Outreach support that can include life skills, home living and home maintenance, medical planning, connecting with community resources and recreation.

OUR GOALS

- To create a safe fun environment to support individuals
- Explore community activities for individuals to participate in that will promote growth and enjoyment