**Transitions to Communities is** a personal and professional skills development program for veterans who are experiencing obstacles reintegrating into civilian life after serving in the **Canadian Armed Forces or RCMP.** 

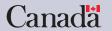
The program provides mental health knowledge. self-awareness, coping strategies, employment and skills development for veterans.

The program has been developed by Mood Disorders Society of Canada (MDSC), in collaboration with **Veterans Affairs** Canada (VAC) and **Employment and** Social Development Canada (ESDC).

Transitions to Communities aims to provide the direct supports needed to address veterans' emotional and physical challenges, with a focus on employability skills, mental well-being and peer support.

**Veterans** will develop specific skills and abilities to assist them in living satisfying, hopeful and meaningful lives.

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The opinions and interpretations in this publication are those of the author and do not necessarily reflect those of the Government of Canada.



## **TRANSITIONS** TO COMMUNITIES

#### **CALGARY**

635 8 Avenue SW Suite #900 Calgary, AB T2P 3M3 sccalgary@mdsc.ca (587) 356-1816

#### **TORONTO**

55 Eglinton St. E. Suite 804 Toronto, ON M4P 1G8 sctoronto@mdsc.ca (416) 322-8387

#### MONTRÉAL

5253, Decarie Blvd. Suite 210 Montréal, OC H3W 3C3 scmontreal@mdsc.ca (514) 487-0165

## vetstransitions.ca







A Project of / Un projet de

**Mood Disorders** Society of Canada Société pour les troubles de l'humeur du Canada



# TRANSITIONS TO COMMUNITIES

Supporting Veterans Creating Positive Change

SKILLS DEVELOPMENT LEADING TO EMPLOYMENT



## **Program Outline**

Each week of the Transitions to Communities program focuses on a specific aspect of personal, social and professional development with leadership and instruction by a subject matter expert. Veterans will learn in a classroom-like setting limited to 10 participants to ensure one-on-one support and guidance throughout the sessions.

Week 1 - Personal Development

Week 2 - Mental Health and Wellbeing

Week 3 – Peer Support & Community Supports

Week 4 - Computer Skills Development

Week 5 – Social Development

Week 6 - Professional Development

Week 7 - Support to Obtain Employment

Week seven is fully focused on supporting the participant's employment search activities. The graduate will have support after program completion

in order to obtain employment.

## How We Can Help

- Understand and maintain positive well being
- Foster healthy family and social relationships
- Learn about and find support through veteran peers
- Obtain skills with other veterans
- · Develop employment skills to obtain employment or return to school

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## **Additional Program Features**

#### Program Certificate

Graduates of the Transitions to Communities program will receive a certificate of completion. The certificate provided by MDSC is recognized and respected by employers.

#### Ongoing Peer Support Network

Peer Support Training is provided within the Transitions to Communities program by the MDSC National Peer Support Team. Following completion of the program, participants and graduates will continue to hold Peer Support Meetings at the project sites to develop and maintain a support network where they can share their experiences, successes, challenges, knowledge and lessons learned.

## **Program Eligibility**

- Self-identification of physical or mental health issues
- Experiences that lead to mental health concerns
- Employment barriers
- Long-term separation from the work force
- Not eligible for VAC's Rehabilitation and Vocational Assistance program
- A distinct desire to participate actively in the program
- A desire to gain employment, return to school, and/or re-engage with the community after the program
- A willingness to make positive change



## How to Participate

Veterans can visit vetstransitions.ca to begin the registration process. Veterans can self refer or be referred to the program through Veterans Affairs Canada staff, community organizations, service providers, veterans' organizations and support groups, mental health organizations, and/or health care providers.

