

MIGHTY HAWKS

"A disability does not define the scope of one's abilities."

Our Program

Mighty Hawks is committed to working with individuals with developmental disabilities in the Kitchener-Waterloo community. Our mission is to help each participant foster a greater independence in the community, build meaningful relationships and feel confident in pursuing their personal goals.

This is achieved through interactive workshops focussed on developing **work ready skills** with an emphasis on hands-on learning, encouraging participation and social interaction with dedicated **one-on-one support** from Mighty Hawks facilitators, a passionate group of students at Wilfrid Laurier University. This enables participants to **build valuable relationships** with facilitators and each other, with individualized support in a fun environment every step of the way.



Professional Skills

- Goal setting
- Computer skills
- Financial literacy
- Entrepreneurship
- Resume building
- Interview skills
- Presentation skills
- Time management

Social Skills

- One-on-one support with facilitators
- Group activities and socials
- Interactive, hands-on learning
- Meet new friends!

Workshops are held weekly at Wilfrid Laurier University in Waterloo at **no cost** to ensure accessible programming for all. One-on-one and **virtual** sessions can also be arranged to accommodate each participant's individual needs.

Hands-On Work Opportunities

After completing one term of Mighty Hawks, participants have the opportunity to apply for a **paid part-time position** with our partner social enterprise **EarthSuds**. EarthSuds creates solid shampoo tablets, a plastic-free alternative to liquid shampoo.

EarthSuds has a **supported work program** that works with employees to gradually build up independence in their role and transferable skills for future employment opportunities. Here, employees can apply their skills from Mighty Hawks in a real work experience, while helping to create a product that prevents plastic waste!



Connect with us!

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