

# Resource Abilities

Serving People with Disabilities since 1974

## Introducing the ExploreABILITY Program

*Empowering youth with disabilities (18–30) in Charlottetown through a year of skill-building and career readiness.*

**Presented By: Tess Nemeth**  
**ExploreABILITY**  
**Program Coordinator & Facilitator**



Specifically designed for youth (ages 18 - 30) with disabilities who are unemployed or underemployed

Safe and supportive environment focused on real-world skill development

Includes paid participation, certifications, and mentorship opportunities

Features the PAES Lab – a simulated work environment unlike any other program in PEI

# Why Refer Your Clients?



# What is the **PAES** Lab?

## PRACTICAL ASSESSMENT EXPLORATION SYSTEM (PAES)

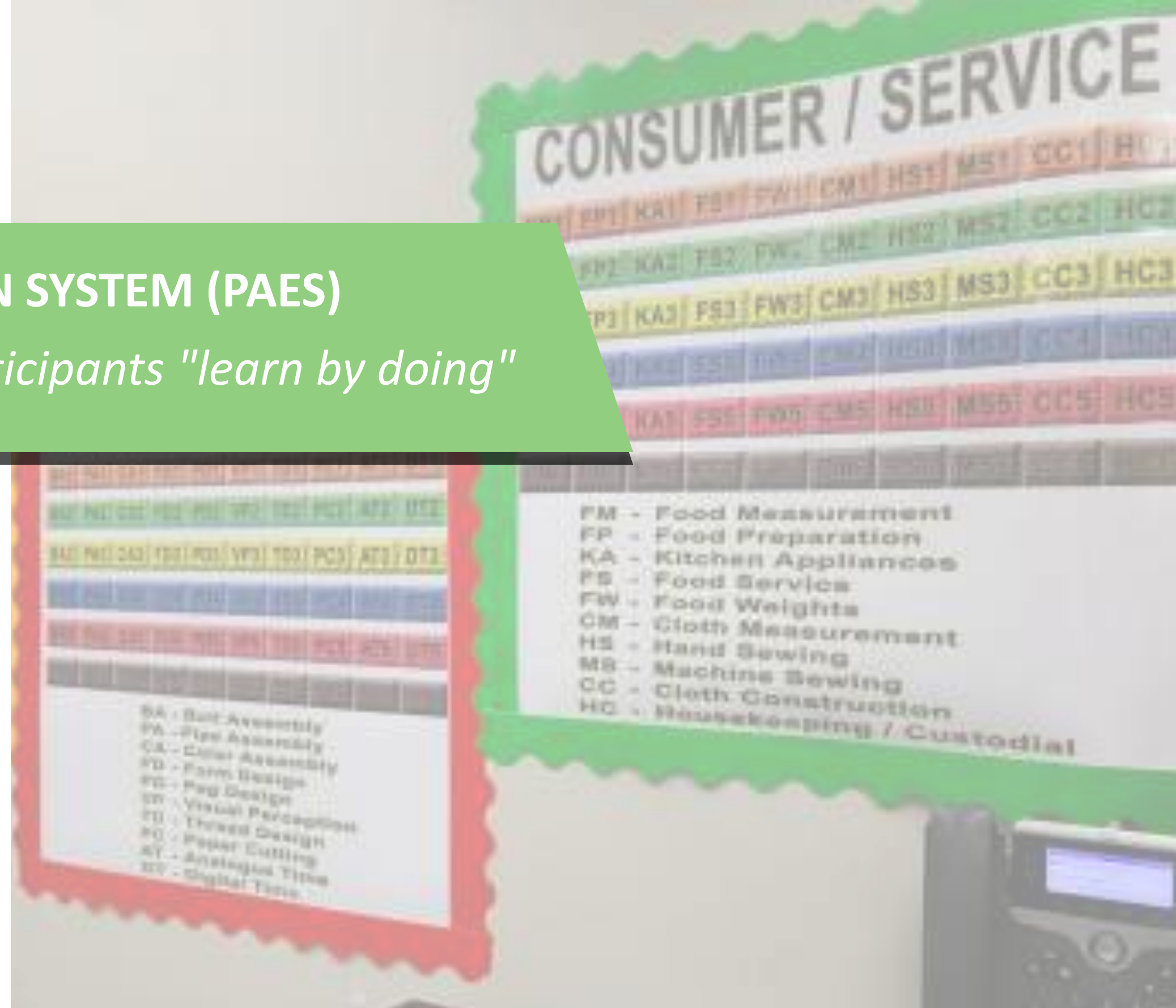
*A simulated work environment where participants "learn by doing"*

**Assesses and develops real-world job skills across five key work areas:**

- 1. Business/Marketing**
- 2. Computer Technology**
- 3. Construction/Industrial**
- 4. Processing/Production**
- 5. Consumer/Service**

Helps identify career interests, strengths, and barriers to employment

Participants gain valuable hands-on experience in a safe, structured setting



# Participant Eligibility

**Ages 18-30**

.....



**Self-identify as having a disability (formal diagnosis not required)**

.....



**Not currently employed full-time or enrolled in full-time education**

.....



**Motivated to explore career options and build employment skills**

.....

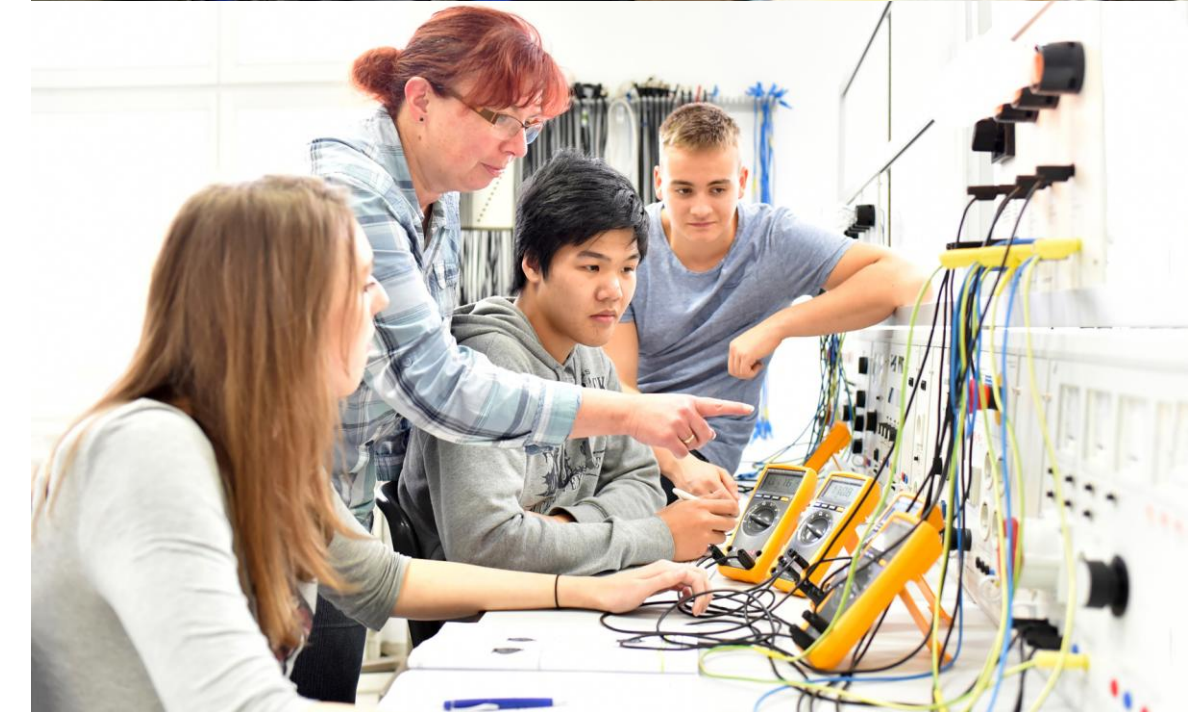


# Program Highlights & Curriculum

*Two 12-week paid program cohorts (10 participants each)*

## Curriculum Includes:

- Employment readiness workshops
- CPR, First Aid, WHMIS, and Food Safety certifications
- Workplace tours and post-secondary exploration
- Job mentorship and employer presentations
- Resume building and individualized action plans



# Key Benefits for Participants

**GAIN** certifications that improve employability

**EXPLORE** real career options through the PAES Lab and mentorship experiences

**DEVELOP** essential soft skills (communication, teamwork, professionalism)

**RECEIVE** individualized supports and disability accommodations

**BUILD** confidence and develop a clear employment pathway

# How to Refer Clients

Contact: Tess Nemeth

ExploreABILITY Program Coordinator & Facilitator

Phone: 902-892-9149

Email: [ExploreAbility@ResourceAbilities.ca](mailto:ExploreAbility@ResourceAbilities.ca)

**Spaces are limited—early referrals  
encouraged!**

# Resource Abilities

Serving People with Disabilities since 1974

Queens: 902-892-9149

Kings: 902-838-5878 | 902-838-5879

Prince: 902-436-9259 | 902-436-1296

# Thank You!

[www.resourceabilities.ca](http://www.resourceabilities.ca)