



ABOUT US

Oana and Maria, the founders of The MindShift Academy, created a unique day program for neurodiverse young adults transitioning from high school. More than a program, it's an inclusive clubhouse where members aged 18+ build skills, explore careers, and form real friendships. It's a place to grow, belong, and feel part of something extraordinary.

OUR MISSION

Our mission is to provide a supportive, real-life space where neurodiverse young adults can learn, connect, and thrive. Through life skills coaching, employment readiness, and community experiences, we help each member grow in confidence, independence, and a sense of belonging



CONNECT WITH US



416-562-5442



info@mindshiftacademy.ca



Visit our website
<https://themindshiftacademy.ca/>



475 Rathburn Rd.,
Etobicoke, M9C 3S9

Monday-Friday
9:00am - 4:00pm
Saturday & Sunday
Hours vary

@themindshiftacademy.ca

/the-mindshift-academy

@themindshiftacade

@TheMindShifter1

THE MINDSHIFT ACADEMY

Empowering Potential.
Building Resilience.
Fueling Growth.



THE
MINDSHIFT
ACADEMY

LIFE SKILLS PROGRAM

Our Life Skills Program is designed to prepare you for real-world independence. From meal preparation and cooking to managing money wisely, we help you gain the confidence and know-how to handle everyday tasks.

But we don't stop there. We also support you in learning how to use public transit safely and independently, helping reduce anxiety and build self-assurance along the way.

You'll also discover practical strategies for organizing your day—exploring tools and techniques to manage time, routines, and daily responsibilities with greater ease.



THE HUB PROGRAM

The Hub is more than just day support. It's your space to connect, create and grow in a way that feels right for you.

Explore hobbies and dive into creative projects; build meaningful social skills naturally, without pressure; take part in community outings that genuinely interest you – all with the support of staff who truly listen and care.

The Hub is your safe, welcoming place to try new things, on your terms, at your pace.

Your Space. Your People. Your Pace.



EMPLOYMENT PROGRAM

Your skills matter. Whether they fit a traditional job description or not.

They are real, valuable and worth building on.

With our deep experience in the recruitment industry and strong partnerships with inclusive employers, we offer more than just job leads.

We provide personalized, hands-on support to help you explore your unique path to meaningful employment.

We stand by believing, you're more than just a résumé.



We're here to support you every step of the way