

About Us

Resilient Hearts empowers young adults with developmental disabilities by equipping them with essential skills for independent living.

Our mission is to uplift individuals to realize their own potential by fostering hope, acknowledging their strengths and promoting independence through the virtue of resilience.

We envision a future of resilient communities where every individual feels supported, valued, and equipped to face life's complexities with courage and resilience.



Our Offerings



Life Skills Development

Teaching individuals every skills for independent living



Respite Care

Morning and evening respite to support caregivers



Sensory Room

A place for individuals to wind down and relax



Curated Courses

Focused on health & wellness, education, social relationships and more



Our Values

Honesty

Empathy

Adaptability

Respect

Trauma-Informed

Strength & Skill Based

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ENTREPRENEUR

ABILITIES

**Empowering Young
Adults to Thrive**



www.resilienthearts.ca

What Is Entrepreneur Abilities Program?

An initiative designed to empower adults with developmental disabilities interested in self-employment to develop and launch their own small businesses. This free program aims to provide specialized entrepreneurship training that is adapted for diverse needs and experiential learning.

Who Is The Program Suitable For?

- Participants must be an adult (18+) with developmental disabilities
- Must be interested in starting a small business or becoming self-employed
- Participants must be able to provide a valid government-issued ID
- Participants must be able to participate in the program.

To Enroll

Please complete the intake form using the below QR



Have Questions? Contact Us

 Info@resilienthearts.ca

 +1 (403)-338-7869



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Program Details

✦ Timeline & Structure

8-week Pilot program

Classroom-Based Facilitation that include idea validation, business planning, financial literacy, communication, marketing, and more!

✦ Program Focus

Individual Business Coaching

One-on-one support focused on skill-building, confidence development, and tailored business goals.

Post-Program Mentorship

Graduates may be matched with a mentor for ongoing support as they continue to grow their business.

✦ Participant Driven

- Flexible hybrid format with in-person and virtual facilitation
- Individually Tailored Materials & Delivery Methods
- Continuous Improvement & Feedback from participants, caregivers, and stakeholders

