



**lumenus**

Mental Health, Developmental & Community Services  
Infants | Children | Youth | Individuals | Families

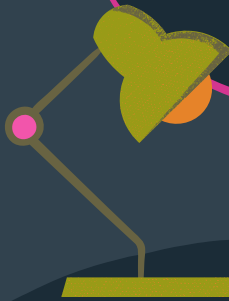
# Life Skills with LUMENUS

Hey! Are you interested in having fun and learning some new things? Then we have the program for you: Life Skills with Lumenus

## Community Skills

Mondays 1pm-4pm

This topic will focus on all things community. Here we explore how to access community supports that we use daily and how to stay safe online.



Here we explore what healthy relationships look like with everyone in our lives. How to set healthy boundaries and how to manage conflict in relationship.

## Healthy relationships

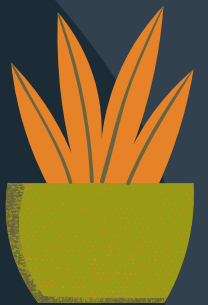
Mondays 1pm-4pm



## Nutrition and Wellness

Thursdays 11am-2pm

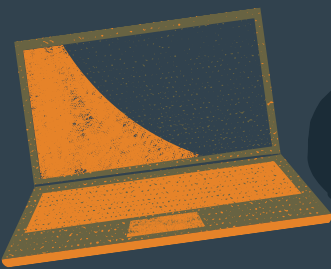
With a focus on all aspects of our health, this topic explores how to maintain or improve physical, mental and emotional health. We also explore cooking and kitchen safety.



## Interested?

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Starts June 10, 2024 for 8 Weeks  
Registration ends May 14, 2024  
1124 Finch Ave West  
Small group sizes



For Registration and More Information  
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