

SUMMER GOAL BASED GROUPS

You can see our
full calendar on

CPSandRespite.ca

Leisure Education: Learning about Recreation

June 13, 20 and 27 | 4:00 p.m. - 7:30 p.m.

Location: Community Junction | **\$15 each**

Learn about what recreation and leisure are, the different activities we can participate in, like karaoke, bowling, and bingo, and how we can access them in our community. Enjoy a group outing of your choice.

 | Barcode

30314 | 30316 | 30315



Learning and Movement

June 18 | 6:00 p.m. - 7:00 p.m.

Location: Advance Road | **\$30 each**

This program will feature games, activities, and education about movement and exercise. Program facilitators will use a 4-foot kin ball for various activities to get us moving and having fun.

 | Barcode

30687



Money Matters

July 17 | 4:00 p.m. - 6:00 p.m.

Location: Community Junction | **\$15 each**

Money Matters is a financial literacy course supported by TD Bank. This workshop is about determining the difference between needs and wants, which is the first step toward creating a spending plan.

 | Barcode

30616



Friendship Series

July 10 and 24 | 4:00 p.m. - 6:00 p.m.

Location: Community Junction | **\$15 each**

 | Barcode

30667 | 30668



During these programs, we will discuss and learn about growing and building friendships, where we can meet friends and how to maintain healthy friendships!

Discover my Route

Every Monday From July 7 - August 26

2:00 p.m. - 4:00 p.m.

Location: Advance Road | **\$100**

 | Barcode

30615



This program is designed to help participants master the public transit system in Toronto. We will be covering topics from understanding routes and schedules to utilizing digital tools and practicing safety measures.

Relationship Series (must attend both)

August 14 and 28 | 4:00 p.m. - 6:00 p.m.

Location: Foster Connections | **\$50**

 | Barcode

30699



We will delve into the theme of romantic relationships, where we will learn and talk about communication, boundaries, respecting ourselves and others, and what being in a healthy relationship looks like.

For information on all programs, and to register, please go to [MyCommunityHub.ca](https://www.mycommunityhub.ca)

For questions, please reach out to Jessica.Wiener@cltoronto.ca