



lumenus

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

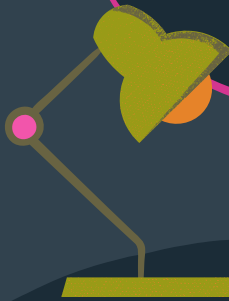
Life Skills with LUMENUS

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-2:30pm

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 and a variety of safety topics.



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

Healthy relationships

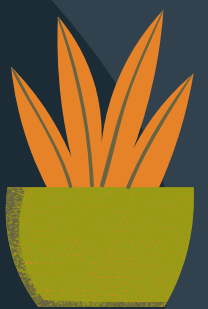
Mondays 2:40pm-4pm



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?

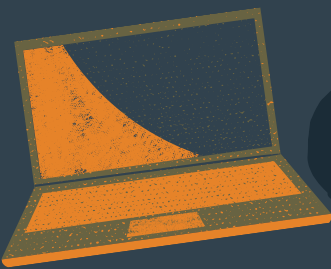
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Starts September 30, 2024 for 8 Weeks

Registration ends August 23, 2024

1124 Finch Ave West

Small group sizes



For Registration and More Information

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