

# Life skills with LUMENUS



**lumenus**  
Community Services

## 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 2:30-4pm**

## Nutrition and Wellness

**Thursdays 11am-12pm**

## Cooking

**Thursdays 12pm-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?

- Starts February 24, 2025 for 8 Weeks
- Registration ends February 21, 2025
- 1124 Finch Ave West
- Small group sizes

**For Registration and More Information**

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