

Internet Safety






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Community and Inclusion
Lead

What You'll Learn:

- ✓ **What is the Internet ?**
Understand what the internet is and why people use it
- ✓ **Staying Safe on Social Media**
Understand online boundaies and consent
- ✓ **Cyberbullying**
Learn how to respond if you or someone else is bullied online
- ✓ **Recognizing Scams and Suspicious Messages**
Learn how to spot suspicious emails, texts, and links.

Program Details:

-  **The group runs every Tuesday Feb 24 2026 to Tuesday March 31 2026**
-  **10:00am-12:00pm**
Fee: \$120
-  **401 Champagne Drive, North York M3J 2C6 (Training Room)**



**Register by
email or phone**



(416) 736-0199 ex. 322



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This program is designed for individuals who can participate independently without staff or caregiver support.