

SKILL BUILDING PROGRAMS

FOR ADULTS WITH
DEVELOPMENTAL DISABILITIES

STARTS FEB 9, 2026



lumenus
Community Services

Learn key skills in a fun environment!
This program is offered in a group setting
with some independent tasks.

CLASSES OFFERED:

- Cooking
- Healthy Relationships
- Cyber Safety
- Nutrition & Wellness
- Budgeting
- Social Skills



LIFE SKILLS WITH LUMENUS



INDEPENDENCE WITH LUMENUS



The program is geared towards individuals who
have fundamental skills and are working towards
independence or those who need a refresher on
on skills already built.

CLASSES OFFERED:

- Employment Readiness
- Cooking
- Cyber Safety
- Financial Literacy

Want to learn new
skills in an inclusive,
welcoming
environment?

COST/FEE: FREE

**PROGRAM
LENGTH:** 8 weeks

ELIGIBILITY: Individuals who
are **18+** and live in
the Toronto area.

LOCATIONS: 1124 Finch Ave. W., Unit 1
65 Hartsdale Drive

REGISTER: Email Rakayla at
rbenjamin@lumenus.ca
for inquiries or for
registration.

REGISTER BY:
**January 24
2026**

