

SKILL BUILDING PROGRAMS

FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

STARTS FEB 9, 2026

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

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 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

