

# SKILL BUILDING PROGRAMS

FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

STARTS MAY 4, 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](mailto:rbenjamin@lumenus.ca) for inquiries or for registration.

**REGISTER BY:**  
**April 17 2026**

