



INTERNET SAFETY

THIS PROGRAM IS DESIGNED TO SUPPORT PARTICIPANTS IN DEVELOPING DIGITAL SAFETY AWARENESS, RECOGNIZING ONLINE RISKS, AND MAKING SMART CHOICES WHILE USING THE INTERNET.

**WE WILL MEET EVERY
TUESDAY IN OCTOBER!**

OCTOBER 6, 13, 20, 27, 2026

TIME: 1:00 PM – 3:00 PM

FEE: \$120

**LOCATION: 401 CHAMPAGNE DRIVE
NORTH YORK, ON M3J 2C6
(TRAINING ROOM)**

THIS PROGRAM IS DESIGNED FOR INDIVIDUALS WHO CAN PARTICIPATE INDEPENDENTLY WITHOUT DIRECT STAFF OR CAREGIVER SUPPORT.

PLEASE CONTACT US TO DISCUSS INDIVIDUAL LEARNING SUPPORTS AND ACCESSIBILITY

**CONTACT: ELISA FRONCZAK
COMMUNITY INCLUSION AND LEAD**



WE WILL LEARN ABOUT...

Staying Safe on Social Media

Learn about online boundaries, privacy, and consent.

Cybervictimization

Learn how to recognize, prevent, and respond to harmful online behaviours.

Recognizing Scams

Spot suspicious emails, texts, and links.

Personal Information

Learn how to protect your personal information and make safe, informed choices online.

**efronczak@metacentre.ca
416 736-0199 ext. 322**