

EVERYDAY WELLNESS

This program is designed to support participants in developing emotional awareness, self-confidence, and practical life skills.



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

OCTOBER 6, 13, 20, 27, 2026

TIME: 10:30 AM – 12:30 PM

FEE: \$150

**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

WE WILL LEARN ABOUT...

Relationships

Building healthy relationships based on kindness, trust, communication, and mutual respect.

Boundaries

Communicating your needs.
Setting healthy limits.
Making choices that feel right for you.

Self-care

Caring for your mind and body.
Managing emotions.

Self-esteem

Building confidence.
Recognizing your strengths.

**CONTACT: ELISA FRONCZAK
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