meta
high quality supports

EVERYDAY WELLNESS



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

WE WILL MEET EVERY MONDAY FOR 5 WEEKS

NOVEMBER 23, 30, DECEMBER 7, 14, 21, 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
COMMUNITY INCLUSION AND LEAD

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