



From Surviving to Thriving!

An experiential program for moving forward.



Oct. 18th to Dec. 6th, 2022

Time: 10am to 11:30am on ZOOM

(Every Tuesday for 90 minutes)

How To Apply:

Phone 519-848-3462 to register.

If you need any of the supports listed below, in order to take this program, please let staff know when you register:

- Help paying your internet;
- Help paying your phone tab;
- Help repairing your phone or computer;
- You need to borrow a laptop.

