

SAFETY FOR INDEPENDENT LIVING

COURSE DATES:

Virtual: February 12th-15th, 2024 10:00 - 12:00 pm

Virtual: May 6th-9th, 2024 6:00 - 8:00pm

In-person: June 4th & 5th, 2024 10:00 - 2:00pm

Virtual: September 16th-19th, 2024 1:00 - 3:00pm

Virtual: November 4th-7th, 2024 10:00 - 12:00pm

SAFETY FOR INDEPENDENT LIVING

A personal safety course where people learn lifeskills that empower them to make safe choices and caring & respectful decisions in their everyday lives both online and offline

COURSE CONTENT



BASIC FIRST AID, FIRE SAFETY & EMERGENCY vs. NON-EMERGENCY



BEING ASSERTIVE & BULLYING



PEOPLE SAFETY, GETTING HELP, TRICKY PEOPLE & SAFE STRANGERS



ONLINE SAFETY, ROAD SAFETY & MORE

LOCATION:

Virtual (ZOOM) - link will be sent upon completion of registration

In-Person session will be run at Central West Specialized Developmental Services (53 Bond St. in Oakville)

COST:

Virtual: \$30.00
In-Person: \$55.00
(lunch included)
Passport Funding Admissible

CONTACT FOR MORE INFORMATION:

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For virtual sessions: course material will be dropped off/mailed out to participants prior to the first date

