



IMPORTANT: EVEN IF YOU ATTEND THE SAME WORKSHOPS REGULARLY, PLEASE REVIEW THE CONTENT DESCRIPTIONS EVERY WEEK AS TOPICS AND EXPECTATIONS ABOUT WHAT TO BRING WILL CHANGE.



Weekly Zoom Workshop Descriptions	
WORKSHOP TOPIC	CONTENT OVERVIEW
Pre-Employment Training Workshops This Week	
	
Money Management Workshops This Week	
	

Arts and Crafts Workshops This Week



Self-Advocacy and Activism (S.A.A.) Workshops This Week



Mindfulness and Meditation Workshops This Week



Life Skills Workshops This Week



Fitness, Health and Wellness Workshops This Week













Cooking and Nutrition Workshops This Week



Social Workshops This Week









Zoom Workshop Schedule - MORNING

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 11:00am	 Coffee Talk	 Arts and Crafts	<p style="text-align: center;">CANCELED Happy Canada Day!</p> 	 Mindfulness and Meditation	 Coffee Talk
11:30am – 12:30pm	 Mindfulness and Meditation	 Self-Advocacy and Activism	<p style="text-align: center;">CANCELED Happy Canada Day!</p> 	 Life Skills	 Let's Dance!

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Zoom Workshop Schedule - AFTERNOON

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm – 2:00pm	 Fitness, Health and Wellness	 Pre-Employment Training	<p style="text-align: center;">CANCELED Happy Canada Day!</p> 	 Fun and Games	 Fri-YAY! Social
2:30pm – 3:30pm	 Cooking and Nutrition	 Karaoke!	<p style="text-align: center;">CANCELED Happy Canada Day!</p> 	 Karaoke!	 Fri-YAY! Social

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