

LIFE SKILLS PROGRAM

Real-world skills for everyday independence



In-centre sessions



Community visits

For learners with Autism & ADHD · Ages 12 to 17



OAP funding accepted

WHAT WE WORK ON



Friendships &
social skills



Travel &
public transit



Money, budgeting
& shopping



Cooking & kitchen
skills



Home & daily
living skills



Community stall
& confidence

Fridays

4 to 7 pm

13 weeks

one term

Mississauga

Oakville

Spots are limited

Contact us to register · contact@exploringminds.ca · 905-247-8200

PROGRAM DETAILS

Schedule · Pricing · How to register

HOW IT WORKS

- 1 Learn the skill in the centre
- 2 Practise it in a real-life setup
- 3 Do it out in the community

WHAT'S INCLUDED

- ✓ Small group setting
- ✓ In-centre + community outings
- ✓ RBA/BCBA-designed & supervised
- ✓ All learning materials provided

PROGRAM FEE

\$1,650

for the full 13-week program, per learner

- ✓ OAP funding accepted

HOW TO REGISTER

Contact us to book an intake and reserve a spot

Spots are limited

Fridays 4 to 7 pm · Mississauga & Oakville

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