

LIFE

Toronto, Ontario



Learning Independence for Future Empowerment (LIFE)

The LIFE program is a community-based initiative designed to support young adults with disabilities aged 15 to 30. This transition to independence program is delivered over 10 weeks through a mix of virtual and in-person sessions.

A trained program instructor leads the program, adapting the lessons and activities to the group's needs. Participants are encouraged to discover untapped resources within themselves.

Each week centres on a theme with topics on:

- **Goal setting**
- **Stress and wellness**
- **Money management**
- **Healthy relationships**
- **Technology & assistive devices**
- **Volunteering & employment**
- **Physical health & healthy eating**
- **Community safety and transit training**
- **Independent & supportive living**

In the LIFE program, we celebrate each person's progression towards independence!

For more information / how to register:

To register for the program click [here](#).

Toronto, ON

Mississauga, ON

Or, for more information, contact
communityprograms@marchofdimes.ca

Eligibility

- Aged 15 to 30 living with a disability and has not previously attended 4 sessions of the L.I.F.E program.
- A desire to increase your independence
- Able to attend and participate in group programming for a duration of 1-2 hours virtually, and up-to 5 hours in-person.
- Has the ability to attend to personal care needs independently or will have a support person present for in-person outings.

Program

- Ten weeks of workshops
- Certificate of completion
- Four to 10 hours of program content (Tuesday-Friday)
- In-person community outings to apply workshop skills and to socialize with peers