

# York Abilities

MINDFULNESS FOR INDIVIDUALS WITH INTELLECTUAL CHALLENGES

**WHO:** Ages 14 & Up

**WHERE:** Community Living York South  
101 Edward Avenue, RH

**WHEN:** Every Saturday 2-4pm  
Starting September 9<sup>th</sup>, 2017

**WHAT:** Physical and Educational Activities, Building friendships,  
Enhancing Communication and Having Fun.

**PRICE:** \$120 for 8 sessions

**HOW:** To Register Please Contact:  
**STINDER LYALL (905) 883 - 5248**  
[healingwithmanna@hotmail.com](mailto:healingwithmanna@hotmail.com)

**SNACKS &  
REFRESHMENTS  
PROVIDED!!**

Support Ratio: 1:4  
\*1:1 support- a worker/parent must accompany the individual to the program.



**Reading**



**Arts  
&  
Crafts**



**Sensory  
Room**



**ZUMBA**  
fitness



This is a parent Operated program