

# Adult Literacy & Academic Upgrading

## Digital Basics for Everyday Life

### Learn to use smartphone and laptops

**Sessions starting: June 23, 2025 and July 14,  
Monday and Friday 1:30 - 3:30pm**



### Join us to learn about:

- Smartphones
- Using Google Maps
- Staying Safe online
- Trusting what you read online
- Filling out forms online
- Email basics
- Finding help online
- Learning online

### Eligibility

- over 18
- speak basic English
- have a valid SIN

**416-539-9000**

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**<https://www.westnh.org/learning/>**