

Learning to Learn

September 9th to October 2nd, 2025
Tuesdays and Thursdays
1:30 - 3:30

We all need to learn new things at work, at school and in our everyday lives. Join us to build strategies to make learning more effective.



Topics include:

- How people learn
- Learning strategies
- Ways of learning
- Staying positive and motivated
- Setting goals
- Asking questions
- And more!

Eligibility

- over 18
- speak basic English
- have a valid SIN
- have grade 12 or less

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