

Fall Programs

Learning to Learn

Get better at learning for school, work and life.

Tuesday and Thursday, 1:30 – 3:30

September 9th to October 2nd, 2025



CAEC: High School Equivalency Classes

The Canadian Adult Education Credential (CAEC) has replaced the GED as the official High School Equivalency in Ontario.

Monday to Thursday 1:30 – 3:30

beginning September 9th, 2025



Effective Communication

Improve your communications skills for school, work and life.

1:30 - 3:30 Tuesday to Thursday

October 7th to November 13th, 2025

Tuesdays: Speaking and Listening

Wednesdays: Filling out Forms

Thursdays: Writing for Different Purposes

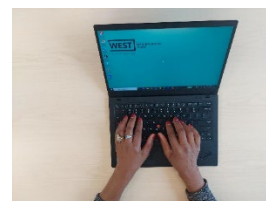


Computers for Beginners

Learn the basics of using a computer.

October 6th to November 10th, 2025

Mondays 10:00 – 12:00



Managing your Health and Well-being

Learn to manage your physical and mental health.

November 18th to December 4th, 2025

Tuesday to Thursday 1:30 – 3:30



Preparing for College as a Mature Student

Going back to college as an adult can be daunting.

Develop study skills and prepare for the mature student test.

Monday to Wednesday 4:00 – 6:00 pm

November 17th to December 3rd, 2025



Eligibility

- over 18
- speak basic English
- have a valid SIN
- have not finished High School

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