



S.O.A.R. Adult Day Program

Supporting Older Adults in Their Recovery

For adults 55+ living with depression, generalized anxiety, or bipolar disorder who wish to participate in recreation-based, life skills group programs.

155 Deerhide Cres, North York | Wednesdays | 2:00 p.m.-4:00 p.m. | FREE

- Holistic programming to promote mental well-being
- Self-expression and life skills activities
- Social interaction and engagement (e.g., horticulture therapy, meditation)
- Promotes independence through the education of healthy coping strategies
- Care management
- Support with activities of daily living
- Nutritious snacks provided
- Access to transportation, adult day program services, and care navigation



[Lumacare.ca/soar-adult-day-program](https://www.lumacare.ca/soar-adult-day-program)

T: 647.508.LUMA (5862) | TF: 1.833.338.LUMA (5862)

www.lumacare.ca | info@lumacare.ca | [@lumacare1974](https://twitter.com/lumacare1974) | [#PeopleHelpingPeople](https://www.instagram.com/lumacare1974)