

# Community Engagement

19+



## Safe & Simple Cooking: Meal Prep Skills Camp

A Friday community-based program focused on building cooking and meal preparation skills for greater independence. Participants learn safe, no-stove cooking methods using air fryers & recipe books in a small-group & supervised setting.

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## Saturday Social Circle

The Saturday Social Circle is a structured three-hour community engagement program that focuses on, social confidence, and practical life skills through themed experiences & structured activities.

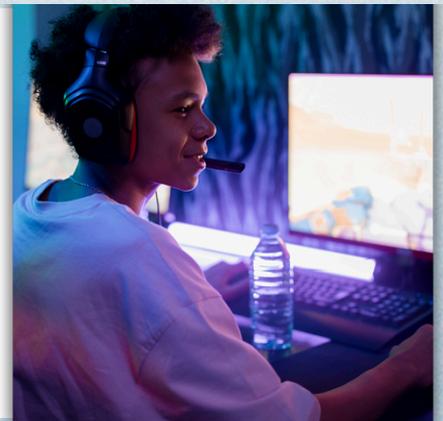
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## Online Social Circle

The Online Social Circle is a structured online community engagement program that supports, social confidence, and practical life skills through themed online experiences.

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## The Special Skills Lounge

A flexible community space for independent professionals to deliver services, including therapists, behaviour clinicians, social workers, life-skills coaches, and group facilitators.

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Email Us For More Info

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Passport funding friendly

"It's a Lifestyle"



(Peel) Mississauga

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# SAFE & SIMPLE COOKING: MEAL PREP SKILLS CAMP

Safe & Simple Cooking: Meal Prep Skills Camp is a 4-week, community-based program focused on building everyday cooking and meal preparation skills for greater independence.

Participants learn safe, no-stove cooking methods using air fryers and simple meal prep routines in a small-group, supervised setting, with hands-on guidance to support confidence and real-world carryover.



Fridays

- Cohort 1 :12-3pm
- Cohort 2 : 4-6pm



Earn a 12 week badge & take home the Reclife cook Book !



[scan here QR to express interest!](#)



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## SATURDAY SOCIAL CIRCLE

Saturday Social Circle is a Structured 3-hour community engagement program focused on independence, social confidence, and practical skills. It follows a thematic approach to keep members engaged and families supported.

- Week 1: Fitness & health
- week 2: Creative expression
- week 3: life skills workshops
- week 4-5: Social & recreation
- Cohort 1: 12-3pm



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# Online Social Group

GM ALLIED SERVICES INC.

## OUR MISSION

Many individuals with developmental needs are left without consistent access to support due to geography, physical limitations, or lack of resources. We exist to close that gap. Our goal is to provide inclusive, accessible services that empower people to build life skills, gain confidence, and stay connected to their communities – regardless of where they live or how they move.

## WHAT TO EXPECT

Participants can expect a structured, theme-based program that emphasizes healthy lifestyles and physical fitness, life skills development, and meaningful social and recreational support. Each session is designed to promote confidence, independence, and real-world skills in a positive, engaging group environment.



## WHY SCREEN FIRST ?

- ✓ To find the right fit.
- ✓ To ensure a safe group environment.
- ✓ To prevent frustration.
- ✓ To set everyone up for success.

For :

- ✓ Ages 19–35.
- ✓ Individuals who want to socialize and build new relationships.
- ✓ Fun, energetic, and curious individuals.
- ✓ Those seeking a balanced & healthy lifestyle.

**CLICK HERE OR SCAN QR CODE TO BEGIN YOUR SCREENING & EXPRESSION OF INTEREST**



To Sign Up



[reclifegma@gmail.com](mailto:reclifegma@gmail.com)

[www.reclifegma.ca](http://www.reclifegma.ca)



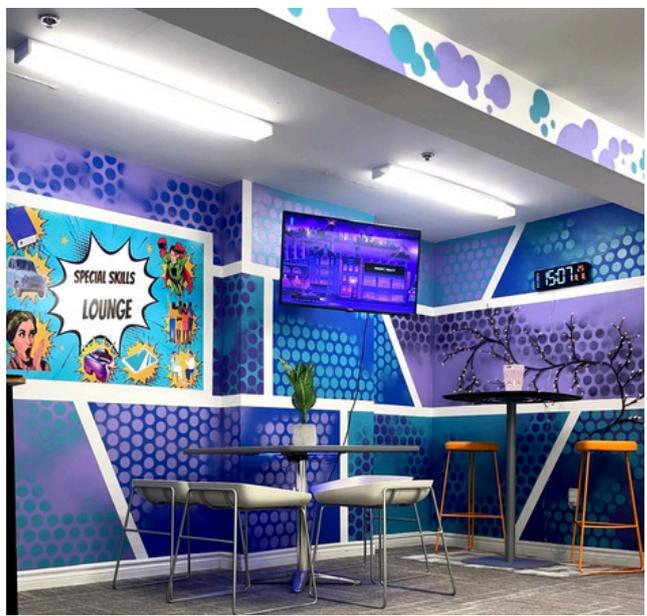
# Special Skills Lounge

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## WE PROVIDE

A flexible space suitable for workshops, client consultations, small group programming, individualized respite support, and other professional services. !

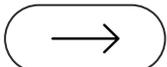
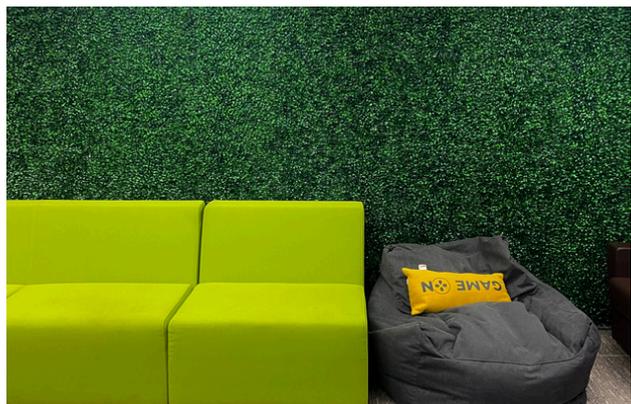
A versatile, fully equipped environment most suited for...



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To learn more about the utility of The Special Skill Lounge

- Behaviour therapists and ABA practitioners
- Psychotherapists and counsellors
- Speech-language pathologists
- Occupational therapists
- Social workers
- Support workers and respite providers
- Independent clinicians
- Psychologists and psychological associates
- Mental health therapists
- Life skills coaches
- Transition and employment specialists
- Recreational therapists
- Art or music therapists
- Academic tutors and learning strategists
- family mediators
- Case managers
- Developmental service professionals
- Group facilitators and workshop leaders



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