



Ready to Try Living Independently?

www.sunshinesupports.ca

At Sunshine Supports, we offer Independent Living Trials for adults who are ready to build skills and confidence in a safe, supportive environment.

Stay short-term at our cozy Sunshine Apartment in Waterloo and work on real-life skills like:

- **Cooking and meal prep**
- **Cleaning and organizing**
- **Budgeting and money management**
- **Building routines and confidence**

Our supportive coaches are with you every step – at your pace, your way.

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