

INDEPENDENT LIVING SKILLS

WORKSHOPS 2019-2020

JULY 9



Self-Esteem

AUGUST 13



College & Vocational Options and Scholarships & Financial Aid

SEPTEMBER 10



Roommates & Dorm Life

OCTOBER 8



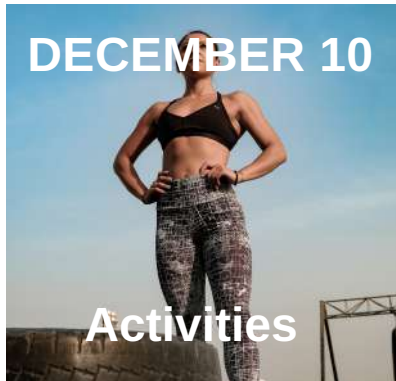
Safety & Emergency Kit

NOVEMBER 12



Meal Prep

DECEMBER 10



Activities

JANUARY 14



Buying a Car VS Public Transportation

FEBRUARY 11



Healthy Relationships

MARCH 10



Parenting Education

APRIL 14



Credit Management

MAY 12



Communication

JUNE 9



Surprise!

Independent Living Skills(ILS) Workshops are where you can learn from peers & professionals about exciting resources and life skills. Food & snacks are always provided!

Workshops are held once a month **from 3:30pm-6pm at:**
3845 Spring Drive, Spring Valley, CA 91977 Room 13

QUESTIONS?

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Independent Living Skills is funded by the County of San Diego and made available by South Bay Community Services and its partners.