

# INDEPENDENT LIVING SKILLS

## WORKSHOPS 2019-2020



**JULY 16**  
Self-Esteem



**AUGUST 20**  
College & Vocational Options and Scholarships & Financial Aid



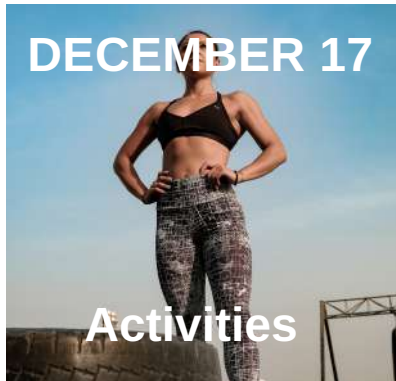
**SEPTEMBER 17**  
Roommates & Dorm Life



**OCTOBER 15**  
Safety & Emergency Kit



**NOVEMBER 19**  
Meal Prep



**DECEMBER 17**  
Activities



**JANUARY 21**  
Buying a Car VS Public Transportation



**FEBRUARY 18**  
Healthy Relationships



**MARCH 17**  
Parenting Education



**APRIL 21**  
Credit Management



**MAY 19**  
Communication



**JUNE 16**  
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 4pm-6pm at:**  
**3255 Wing St, San Diego CA 92110 Room 36**

### QUESTIONS?

Paulina Torres  
(619) 455-6399  
ptorres@sdyouthservices.org



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