

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
POSTPONED
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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