

INDEPENDENT LIVING SKILLS

WORKSHOPS 2019-2020

JULY 16



Self-Esteem

AUGUST 20
College & Vocational Options and Scholarships & Financial Aid



SEPTEMBER 17
Roommates & Dorm Life



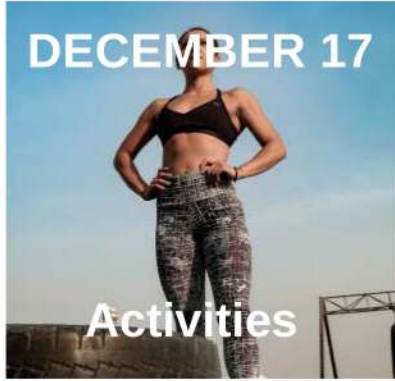
OCTOBER 15
Safety & Emergency Kit



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
POSTPONED
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?

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