

## **2011-2012 Life Skills Seminars**

### **MONTHLY WORKSHOPS**

**There are a total of 4 topics covered at the Life Skills Workshops over a 4-Month Cycle**  
**1. Health & Safety 2. Employment 3. Permanence 4. Education**

1. The topics addressed on the “**Health and Safety**” include the following:

- Drug & Alcohol Use/Abuse issues
- Pregnancy/ Prevention and STDs Issues
- Developing Healthy Relationships
- Nutrition & Healthy Lifestyles
- Hygiene & Exercise
- Grief & Loss
- Anger Management
- Self-Esteem & Self Advocacy

2. The topics addressed on the “**Employment**” include the following:

- Differences between Job and Career
- Job Scams
- Applications 101
- Interviewing Skills
- Dress for Success
- Searching for a job

3. The topics addressed on the “**Permanence**” include the following:

- Housing Issues
- Transportation Issues
- Banking and Budgeting Issues
- Financial Literacy

4. The topics addressed on the “**Education**” include the following:

- Value of an Education
- Alternatives to traditional graduation
- College Options
- Paying for College
- FAFSA / Chafee Grant
- College applications
- College Programs
- Certificate Programs