



Young Adult Learning Series

We are hosting a learning series to teach valuable life skills to older teens and young adults (ages 18-30). The topics are Money Management, Living Independently, Self-Care and Personal Hygiene, and Health and Fitness. Each topic consists of 3 - 5 sessions meeting once a month. Activities will be incorporated to enhance the learning experiences. Minimal costs will be associated with those activities. Make reservation to Kim Rogers at 943-1191.

Money Management

(4 Sessions)

Creating Your Budget **September 16, 2019** **6:00 PM**

Participants will create a budget binder and determine their saving goal during this course. They will be tasked with tracking their spending until the next meeting.

Money in the Real World **October 21, 2019** **6:00 PM**

Participants will engage in a “real world experiment” to understand the costs of living independently and what obstacles could occur. They will also turn in their budget binder to a “financial advisor” to check on how well they did with the activity.

Shopping on a Budget **November 18, 2019** **6:00 PM**

Participants will go shopping with a set amount of money to spend. The participants will learn how to track their spending and stay within budget.

State Funding Simplified **December 16, 2019** **6:00 PM**

Participants and their guardians will learn about different types of funding, how to apply, and what options a person with disabilities has regarding funding.

Living Independently

(3 Sessions)

Laundry Day **January 20, 2020** **6:00 PM**

Participants will do their own laundry at a laundry mat. They will learn about sorting loads, using detergent and dryer sheets, and the importance of taking care of clothing.

Cleaning and Organizing Your Space **February 17, 2020** **6:00 PM**

Participants will learn how to clean different surfaces, organize different items, and take care of items around the home.

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You Can Fix It

March 16, 2020

6:00 PM

Participants will learn basic fixes around the home; unclogging a toilet, cleaning out a dryer vent, basic mowing skills, changing a vacuum bag, changing a lightbulb, etc. Participants will also safety tips and when NOT to get involved in a situation.

Dates to be determined for the following topics

Self-Care & Personal Hygiene

Showering /Bathing regularly, brushing your teeth, using deodorant, wearing clean clothes, Taking medication, dressing for the occasion, spa night

Health and Fitness

Meal Prep, being active, eating healthy

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