



# Metropolitan Social Services

## *Life Management Skills*

**Metro Social Services links people in need with programs, resources and information.**

If you want to communicate better, cope with stress in your life, better manage your time and finances and have more control over your anger, Metro Social Services can help.



Life Management course material is appropriate for adults who believe they could benefit from learning skills to help develop a more enhanced and fulfilling life.

The program is designed to help participants move from knowledge of skills to applying the skills.

The course will include 5 classes, each lasting about 90 minutes, including a break midway during the class. The classes will be held on Thursdays from 5 pm to 6:30 pm. Each class includes information, discussion, practice and role-play.

### ***Class Topics***

**Problem solving**

**Time management**

**Communication skills**

**Money management**

**Anger management**

**Wrap up -**

evaluations/certificates/sharing thoughts, Q&A

### ***Eligibility Requirements***

Participants must be at least 18 years of age and residents of Davidson County.

Classes are free and will be held at Metro Social Services, 800 2nd Ave North, Nashville, TN 37201.

For additional information or to register, please call Metro Social Services at 615-862-6432.

### **Metropolitan Social Services**

800 Second Avenue North, Nashville, TN 37201

Telephone **615-862-6432** Fax **615-880-2535**

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