

READY. SET. SUCCEED!

Life Skills Courses



COURSE DESCRIPTIONS

B.A.R. Scam Awareness

This course will seek to help identify the most common scams that people encounter and how to report and protect yourself against them. There will be a before and after questionnaire to test your knowledge of the information presented.

1st Tuesday of the month: 11am-12pm

[Click here to register](#)

Conflict Resolution & Problem Solving

The problem-solving life management skills class equips participants with practical tools to navigate everyday challenges with confidence and clarity. Through real-life scenarios, students will learn how to assess situations, make thoughtful decisions, and develop creative, solution-focused strategies. The class emphasizes critical thinking, emotional regulation, and goal setting to foster independence and resilience. By the end of the course, participants will be better prepared to manage life's complexities and make empowered choices.

2nd Tuesday of the month: 11am-12pm

[Click here to register](#)

Coping & Adaptability

In this course the participants will learn how to take the lemons life throws you and make lemonade. This class will equip participants with the ability to adjust their approach, mindset, and actions as they face day-to-day changes. By the end of this course, participants will be equipped to embrace changes and build resiliency ultimately improving their skills as they maneuver through life's ups and downs.

2nd Wednesday of the month: 10am-11am

[Click here to register](#)

Learning that
meets you where
you are

READY. SET. SUCCEED!

Life Skills Courses



COURSE DESCRIPTIONS

Financial & Money Management

This course is designed to equip individuals and families with vital skills for effective financial stewardship. Learn how to save money, manage debt, and establish a solid financial foundation. The curriculum encompasses key topics such as personal finance, budgeting, risk management, insurance, and credit. Throughout the course, students will navigate essential steps to achieve financial stability, including setting goals, creating a spending plan, addressing credit and debt issues, and monitoring spending habits.

1st , 2nd, & 3rd Thursday of the month: 2pm-3pm

[Click here to register](#)

Housing Readiness

The housing readiness class is designed to help individuals prepare for successful independent living by teaching essential skills for managing housing and maintaining a stable living environment. Topics typically covered include budgeting, understanding leases, maintaining rental property, applying for housing, and navigating tenant rights and responsibilities. The goal is to equip participants with the tools and knowledge they need to transition smoothly into housing and sustain it in the long term.

3rd Thursday of the month: 1pm-2pm

[Click here to register](#)

Let's Talk

By focusing on key elements of the communication process, participants will gain a deeper understanding of how messages are sent, received, and interpreted. We will explore both verbal and non-verbal communication, emphasizing the importance of active listening, empathy, and adapting communication styles to different audiences. We offer some practice scenarios, interactive group activities, and a few take home documents. Don't miss this opportunity to transform your communication skills and open new possibilities in your personal and professional life! 1st Wednesday of the month: 2pm-3pm

[Click here to register](#)

Learning that
meets you where
you are

READY. SET. SUCCEED!

Life Skills Courses



COURSE DESCRIPTIONS

Prepared to Parent

Within the “Prepared to Parent” course, parents will identify strengths, barriers and areas in of improvement. Parents will gain a better understanding primarily of themselves as the role they play in the most important role in their life, the role of a parent.

1st & 3rd Tuesday of the month: 9:30am-10:30am

Class on the 1st will cover ages 11 & up

Class on the 3rd will cover ages 10 and under

[Click here to register](#)

Self-Care 101: Prioritizing Your Well-Being

This class introduces the fundamentals of self-care, emphasizing the importance of physical, emotional, and mental well-being.

Participants will explore practical strategies for managing stress, establishing healthy routines, setting boundaries, and building resilience. It is ideal for anyone seeking to cultivate balance and improve their quality of life through mindful, sustainable habits.

2nd Wednesday of the month: 1pm-2pm

[Click here to register](#)

Time Management

This class will address the importance of time management skills, to include information/skills on how to maximize the effectiveness of an individual’s efforts, as well as techniques on how to enable people to get more and better work done in less time. After the class, the participants should have a deeper understanding of the importance of time management and be able to apply new skills and techniques regarding time management.

1st Wednesday of the month: 11am-12pm

[Click here to register](#)

Learning that
meets you where
you are

READY. SET. SUCCEED!

Life Skills Courses



COURSE DESCRIPTIONS

Trauma Healing

Learn how to identify trauma triggers and gain tips to help you heal.

(2nd Tuesday of the month: 2:30pm-3:30pm)

[Click here to register](#)

Workforce Development

Receive employment training: resume building, interview skills, help with job hunting and job placement.

An instructor will contact you to schedule your training session.

[Click here to register](#)

Learning that
meets you where
you are