



YOUNG ADULT INDEPENDENT LIFESKILLS TRAINING GROUP

Many young people between the ages of 17 and 24 are in need of life training that can help them move into adulthood successfully. Because for many reasons older youth have not yet learned these skills, PSHDC has started a summer *Independent Lifeskills Training Group* for the month of August. Skills male and female young adults will learn are:

- ❖ **FINANCIAL RESPONSIBILITY:** Opening a bank account, budgeting your money, saving money, investment options
- ❖ **WORK ETHIC:** Finding jobs, resume writing and interviewing
- ❖ **FAMILY PLANNING and ROLE MODELING:** How to approach family planning in a healthy way, role modeling for younger family members, positive and negative parenting styles
- ❖ **MANAGING RELATIONSHIPS:** Finding an intimate relationship, identifying your rights in a relationship, establishing healthy boundaries
- ❖ **SELF CARE:** Scheduling and tracking doctors appointments, tips for medication management, health and wellness strategies
- ❖ **MANAGING A HOUSEHOLD:** Prioritizing household chores, cleaning strategies, doing the laundry, cooking and shopping
- ❖ **BUYING AND MAINTAINING AN AUTOMOBILE:** Purchasing a car, the ins and outs of car insurance, driving tips, maintaining a car's health
- ❖ **STUDYING TIPS AND CAREER PLANNING:** Ways to schedule your day, deciding on a career, ways to be successful in school

ILT groups are held at PSHDC every Friday afternoon from 1:00-2:00 PM and run through the month of August. Contact Dr. Suzanne Robison at (215) 540-5860 X35 to arrange an individual consultation to determine if this group is appropriate for your client, student, or child! The cost of this group is \$35.00 per session for each participant.