



Independent Living Skills Class Schedule

Location: 2453 Athens Ave. Redding CA 96001

Learn an Independent Living Skill – Every 3rd Thursday of the Month

Classes start 2-3:30 pm VIA ZOOM, or in person as allowed

2020/21

January	
February	
March	Emergency Planning
April	Medical Binder
May	Organization/Paperwork
June	Gardening
July	Budgeting
August	Resume Building
September	Meditation at Home
October	Meal Planning
November	Potluck/recipe sharing
December	DIY Holiday decor

The Independent Living Skills (ILS) Classes are designed to improve and/or maintain the participants' ability to live as independently as possible in the community.

Classes are FREE – Registration Required

Call Today

530-242-8550