



ILS Skills Class Schedule

Location: 1161 East Ave, Chico CA 95928

Learn an
Independent
Living Skill

Every 4th
Thursday of
the Month

Classes Start
2 – 3:30 pm

January	Budgeting
February	Anxiety & Stress Control in Public
March	Cooking
April	Gardening
May	Laundry
June	Time Management
July	Cleaning
August	Organization
September	Sewing/Mending
October	Meditation at Home
November	Emergency Preparedness
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.

For registration or questions please call (530) 893-8527