



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

2020/21

January	Budgeting
February	Anxiety & stress control in public
March	Gardening
April	Meal planning
May	Keto/vegetarian
June	Emergency planning
July	Medical binder
August	Organization/paperwork
September	Resume building
October	Meditation at home
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