



Central Washington Disability Resources

INDEPENDENT LIVING SKILLS CLASSES

Once a week zoom classes that work on skills to help individuals with disabilities live as independently as possible.

<i>January 24th</i>	INDEPENDENT LIVING BASICS
<i>January 31st</i>	HEALTH EATING
<i>February 28th</i>	TIME MANAGEMENT
<i>March 7th</i>	BUDGETING
<i>March 14th</i>	HEALTHY RELATIONSHIP
<i>March 21st</i>	SELF-CARE
<i>March 28th</i>	SELF-ADVOCACY
<i>April 4th</i>	HOUSEHOLD MANAGEMENT
<i>April 11th</i>	STUDY SKILLS
<i>April 18th</i>	EMOTIONAL INTELLIGENCE
<i>April 25th</i>	THE ADA

Youth ages 18-24 from 10:30am to 12:00pm

Youth ages 14-17 from 3:30pm to 5:00pm

Available to Kittitas, Yakima, Chelan, Douglas, and Grant counties.

To register contact Sarah Bair
(509)-962-9620
sarah@mycwdr.org