



# *Independent Living Skills Workshops*

If you are an individual, who is adjusting to life with a disability or could benefit from learning independent living skills, please consider these workshop opportunities

## **Essential Skills for Independence**

### **Every First Tuesday**

Discover new skills and refine old ones. Topics presented include: daily living skills, health and wellness, organizational skills, adaptive techniques, assistive devices, and more!



## **Peer Support Group**

### **Every Second Tuesday**

Join other people with disabilities to discuss similar issues and concerns, form new friendships, gain support, and share successes and setbacks with individuals, who can relate to your situation.



## **Creative Workshop**

### **Every Third Tuesday**

Socialize with others while learning new artistic techniques and skills that include painting, drawing, crafts, and more!



## **Assistive Technology**

### **Every Forth Tuesday**

Learn about adaptive techniques, and assistive devices that will help you to be more independent in your daily life.



## **Fun Tuesday**

### **Any Month with a Fifth Tuesday**

Join in games, activities, potlucks, movies and more!



# Workshop Calendar

## Essential Skills for Independence

1st Tuesday of Each Month from 2:30 pm to 4:30 pm

Dates: 02/05, 03/05, 04/02, 05/07, 06/04, 07/02, 08/06, 09/03, 10/01,  
11/05, 12/03

## Peer Support Group

2nd Tuesday of Each Month from 2:30 pm to 4:30 pm

Dates: 01/08, 02/12, 03/12, 04/09, 05/14, 06/11, 07/09, 08/13, 09/10,  
10/08, 11/12, 12/10

## Creative Workshop

3rd Tuesday of Each Month from 2:30 pm to 4:30 pm

Dates: 01/15, 02/19, 03/19, 04/16, 05/21, 06/18, 07/16, 08/20, 09/17,  
10/15, 11/19, 12/17

## Assistive Technology

4th Tuesday of Each Month from 2:30 pm to 4:30 pm

Dates: 01/22, 02/26, 03/26, 04/23, 05/28, 06/25, 08/27, 09/24,  
10/22, 11/26,

## Fun Tuesday

5th Tuesday of applicable months from 2:30 pm to 4:30 pm

Dates: 01/29, 04/30, 07/30, 10/29,

In order to reserve your spot, please contact:

**Marisol Marure**

Independent Living Skills Instructor

North County

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