

# Life Skills Class

**FOR: YOUTH AGED 12-14**



**DATES:**

**June 24<sup>th</sup>**

**July 9<sup>th</sup>, 14<sup>th</sup> & 28<sup>th</sup>**

**August 11<sup>th</sup>**



**TIME: 5:00 pm – 6:00 pm**

**With the exception of July 28<sup>th</sup> and August 11<sup>th</sup> when we will be learning kitchen skills and sewing, time to be confirmed**

**WHERE: Family Resource Centre**

**TOPICS: KITCHEN SAFETY, COOKING SKILLS, SEWING SKILLS, VALUES, PROBLEM SOLVING, PRIDE IN BELONGINGS, SELF ESTEEM AND GAINING INDEPEDENCE**

**IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO SIGN UP FOR THIS PROGRAM, PLEASE CALL CAMILLE AT THE HEALTH CENTRE AT 657-2557.**