



Basic Living Skills

Many adults with disabilities have the goal of living independently but need help learning the skills to be successful. You will become aware of the requirements of daily independent living and learn the skills needed to prepare to move out on your own.

If you have the goal to live independently, are currently struggling with living on your own, or want to learn to take care of yourself, this is the class for you. You will learn steps to stay healthy, plan meals, budget for common expenses and get around the city. You will learn how to handle the demands of daily life.

When you finish this course, you will:

- Design and follow a budget
- Plan your own transportation
- Create a weekly meal plan
- Prioritize responsibilities

More Than Just a Class

- ❖ Meet new people and build a social network
- ❖ Take part in interactive learning activities
- ❖ Experience campus life at Mount Royal University

Living Skills image from: reachcils.com



FOR MORE INFORMATION CONTACT:

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