

INDEPENDENT LIVING

This 10-week course will discuss relationships; living arrangements; budgeting; home and community safety; health and well-being; transportation and much more.



TUESDAYS

1:00 P.M. TO 3:00 P.M

OR

THURSDAYS

9:30 AM TO 11:30 AM

**Starts Tuesday, September 24th and
ends November 26th**

OR

**Starts Thursday, September 26th and
ends November 28th**

Open TO PEOPLE WITH DISABILITIES

LIMITED SPACE AVAILABLE

You must register for this class

HEATHER SMITH – 519-969-8188 ext. 233

VISIT: WWW.ALSOGROUP.ORG 519-969-8188 EXT. 230