

ADL Variety Pack

Life Skills Workshop Series for Middle Schoolers



Helping young teens become more aware and self-sufficient in practical situations they encounter daily in middle school and beyond! Our Occupational Therapist will review topics such as:

- ➔ **Upkeep of both your Person and your Personal Space**
- ➔ **Cooking/Meal Planning**
- ➔ **Managing Money**
- ➔ **Personal Organization**

Thursdays 6:45-7:45pm

6 week session

Starting September 20

\$375

Ages 12+

Contact our office to register:

734.454.0866

www.bridgestherapy.com