

ADL Variety Pack

Life Skills Workshop Series for
Middle Schoolers and High Schoolers



Helping teens become more aware and self-sufficient in practical situations they encounter daily in middle school and high school! 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 sessions

November 8 - December 20

(no group Thanksgiving week)

\$375

Ages 13+

Contact our office to register:

734.454.0866