



## **PROGRAMS**

Below is a brief description of what our programs are all about. All those listed are open groups facilitated by our staff, no need to register, just show up! Remember, those under 16 can attend Youth Night which is held every Monday.

**PEER to PEER-** This group is facilitated by our Peer Specialist. Its open to our young adult population and we even included a few meetings to be held on our Monday Youth Nights so our youth may participate too. Come and join in the discussion with others about various topics that our Peer Specialist will present. If there is something that you want to talk about then stop by a group meeting and start a conversation with others.

**GAMES-** Take a break and enjoy some fun activities with our Peer Specialist and others. We have board games, Wii challenges and even play a game of pool or ping pong too. This offers a great opportunity to interact with your peers in a fun and safe environment.

**IL SKILL BUILD-** We will present different independent living workshops. Just some example are budgeting, resume writing, interview skills, how to do laundry, cooking classes and couponing. Have an idea of something you want to learn, share it with us!

**WELLNESS-** It's important to take care of yourself, even if it's for just 10-20 minutes a day. Learn ways to take care of yourself and stay healthy. **BECAUSE YOU MATTER!**

**JOB READINESS-** Learn how to write a resume, search for jobs and prepare for the interview. Skills that will help you succeed!