



# Life Skills Program

This series of 3 separate 10-week programs (1 hour per week) are run in small groups (or can be individual) by our professional facilitator to develop skills and knowledge in targeted areas, including:

*Life Skills 1* – Foundation program targets skill and knowledge development in the areas of communication, team work, problem solving, and decision making.

*Life Skills 2* – Targets using the skills and knowledge from Life Skills 1 and adapting them to your home, working and social environment.

*Life Skills 3* – Customisable topics including:

- Budgeting - Where does my money go?
- Getting the balance right
- Planning for the future
- Using technology as a consumer safely
- Being a smart consumer



This program will target and support the needs of the individual.

*For further details please contact the Learning Team:*

(02) 4474 3336