

# INDEPENDENT LIVING SKILLS GROUP

## *REGISTER TODAY*

### NEW GROUPS START OCTOBER 19TH

Some of the topics and activities we may cover and participate in are:

#### DAILY LIVING

- Money Management
- Renting an Apartment

#### PERSONAL GROWTH

- Healthy Relationships
- Goals with College Tours

#### TRAINING & EDUCATION

- Job Search/Interviewing
- Career Interests

#### ADVENTURE & RECREATION

- Hands-On Activities
- Interactive Games and Ice Breakers

**Forestry Center** | 4pm - 5pm  
175 University Road | Cloquet, MN

**Maximum of 8 kids, ages 16-18**

For more information or any questions, contact  
(218) 878-3786 or email [jenniheckman@fdlrez.com](mailto:jenniheckman@fdlrez.com).

#### OPTION 1 SESSION

- Tuesday, October 19th:  
Intro Ice Breakers /  
Stress Management
- Thursday, October 21st:  
Goals, Values & Time Management
- Tuesday, October 26th:  
Job Skills/Resume Building
- Wednesday, October 27th:  
Finances/Halloween Costume Contest

#### OPTION 2 SESSION

- Tuesday, November 2nd:  
Intro Ice Breakers
- Thursday, November 4th:  
Goals, Values & Time Management
- Tuesday, November 9th:  
Communication Skills
- Tuesday, November 16th:  
Renting Your First Apartment
- Thursday, November 18th:  
College Tour



Must meet program eligibility requirements.

Fond du Lac Human Services Division | Social Services Department