

# Life Skills Classes

Expand your skills in successful, independent living. Set goals for your future, develop a life-sustaining budget, travel independently across the Tucson area, be the parent your children deserve, and use a computer to accomplish personal and job-related tasks. All classes are FREE.

## Goal Setting

Are you stuck in life? It can be hard to find your way and move on to bigger and better things. Setting and reaching realistic goals is a skill, and you can learn it here. We'll show you how to build a successful plan to get out of that rut and launch into a positive future.

## Money Management

Want to buy a car or own a home one day? Take control of your income and learn to achieve your financial goals. This workshop will build your skills in budgeting, saving, and managing credit in order to improve your financial decisions.

## Digital Literacy

If computers, email and the internet leave you confused and frustrated, this session is for you. Expand your knowledge of computers and learn to use digital technology with confidence.

## Parenting

Are your kids constantly acting up? Increase your skills in communication, positive guidance, and coping with stress while nurturing and connecting with your children. Become the parent they're proud of!

## Bus System

Relying on others for rides means missed appointments, arriving late, and being stranded when your ride is busy. Take charge of your life and learn to ride the bus! Sun Tran makes it easy to get across town, and we'll show you how.

# Life Skills

## Benefits

Life Skills classes will help you achieve the life you always hoped for:

- Independent
- Successful
- Fulfilling



**To register for a workshop,  
please contact**

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Life Skills Instructor

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