Spring 2018

Schedule
January 31-June 4, 2018
Mondays/Fridays
12-2pm

Instructor
Krystle Taylor

Location
CE at Miramar Room A-101
10440 Black Mountain Rd
San Diego/92126
619-388-1800

Registration
Class is free
Need enrollment information or an intake appointment, contact Katie Serbian at 619-388-1821, or e-mail: kserbian@sdccd.edu

Community Living Skills

DSPS

A FREE CLASS FROM THE DISABILITY SUPPORT PROGRAM

Topics include:

» Build valuable planning and time management skills to include use of calendars, planners, and reminders

» Develop understanding of use of various methods of available transportation

» Gain in depth knowledge of personal safety for on and off-campus environments

» Learn about personal financing and budgeting

» Identify activities for leisure and recreation for inclusion in community

» Practice work readiness skills such as punctuality, interpersonal skills, and effective communication

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