

Utah Independent Living Center

Young Adult Class

Are you a young adult with a disability? Come learn independent living skills among your peers age 18-28. This class will rotate topics each month, providing different IL skill learning experiences.



When: Every Wednesday from 3:00pm-4:00pm

Where: Virtually on Zoom Meetings (until further notice)- Please contact Jana to request a class invite!

Who: Anyone with a disability between the ages of 18-28

Class Schedule 2020-2021

August- Social Skills/Manners
September- Emergency Preparedness/Safety
October- Disability History
November- Cooking
December- Affordable Gift Giving
January- Basic Sign Language
February- Taking care of you!
March- Advocacy
April- Taking Care of My Living Space
May- Recreational/Leisure Skills
June- Vocational Skills
July- Money Management

Contact Jana Anderson with questions or to sign up! 801-466-5565 ext. 205,
janderson@uilc.org