

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: Utah Independent Living Center—3445 South Main Street, SLC, UT 84115

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

Class Schedule 2021-2022

August- Meditation
September- Emergency Preparedness/Safety
October- Cooking
November- Disability History/Advocacy
December- Basic Cartoon Drawing
January- Social Skills/Manners
February- Taking Care of the World
March- Vocational Skills
April- Taking Care of My Living Space
May- Recreational/Leisure Skills
June- Taking Care of You!
July- Money Management

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