

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: 3445 South Main St. UILC Skills Center

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

Class Schedule

January- Social Skills/Manners
February- Money Management
March- Vocational Skills Advocacy
April- Taking Care of Your Living Space
May- Gardening
June- Basic Cartoon Drawing
July- Basic Sign Language
August- Sexual Education
September- Emergency Preparedness and Safety
October- Cooking
November- Disability History/Advocacy
December- Affordable Gift Giving

Contact Toni Makoff with questions or to sign up! 801-466-5565 ext. 212, tmakoff@uilc.org