



IndependenceFirst Workshops

- **Conflict & Anger Management** - Learn ways of managing anger and being more assertive when solving a conflict. *(adults - 6 sessions)*
- **Home Management** – Learn how to do chores, safety tips, cook and store food wisely, and the importance of being responsible for your own space. *(teens/adults - 6 sessions)*
- **Independent Living and Employment Skills Workshop**- Learn how to dress for an interview, answer interview questions, ask for disability accommodations, time management, appropriate workplace behavior, and self-advocacy. *(teens/adults - 6 sessions)*
- **Making Proud Choices** - Highlights sexuality education for youth and adults with disabilities ages 11 and up. Includes issues of sexuality, sexual decision making and negotiation, STDs, HIV, pregnancy and condom use. *(teens/adults - 8 sessions)*
- **Safe Relationships, Safe Places** - Learn about boundaries and personal space, healthy versus unhealthy relationships, dating topics, and abuse prevention. *(children/teens/adults - 4 sessions)*
- **Rent Smart** - Identify the differences in available housing options; learn budgeting skills, differences between landlord and tenant responsibilities, and how to be successful at living independently. *(teens/adults - number of sessions based on audience)*
- **Poetry 101** - Identify different art forms, ways of expressing your thoughts and feelings, self-esteem, and personal image. Participants work together to build poetry and share personal art expressions with the other members. *(teens/adults- 5 sessions)*
- **Basic Money Management** - Learn to identify the value of money, how to make change, how much things cost, the importance of saving and how to develop a budget. *(teens/adults - 5 sessions)*
- **Frauds & Scams** – Learn about different types of frauds and scams, preventing identity theft, and tips for buying and selling directly. *(adults - 4 sessions)*
- **Bullying** - Identify what a bully and bullying behaviors are, how to communicate assertively to a bully, and learn bullying prevention tips. *(children/teens/adults - 5 sessions)*

- **Social Skills** - Learn social skills, how to move past comfort zones, how to understand social cues, and focus in on appropriate social media skills. (*children/teens/adults - 5 sessions*)
- **Careers in Recovery** – Designed to assist individuals with mental health disabilities with developing the supports and skills they need as they prepare for employment. (*adults - 6 sessions*)

IndependenceFirst One-Time Classes

- **Disability Awareness** - Aims to dispel stereotypes with truths about people with disabilities, importance of person-first language, and how to interact with people with disabilities in respectful and empowering way. (*children/teens/adults*)
- **ADA, Employment & YOU** - Provides a history and overview of the ADA, how to complete a job application, answer interview questions, disability disclosure and, how to request a reasonable accommodation. (*teens/adults*)
- **Boundaries and Personal Space** - Covers boundaries and personal space, healthy relationships, types of relationships, and how to be safe in relationships. (*children/teens/adults*)
- **Parents Matter!** - Learn how to be your child's sexuality educator. (*for parents of children with disabilities or parents with disabilities- offered as a one-time session or a five-week session*)

Pre-Employment Transition Services (Pre-ETS) Trainings

- **Dollars & Sense** - Learn about banking basics, credit cards and loans, identify wants verses needs, track your spending habits, and develop a budget that works for you. (*teens/adults - 5 sessions*)
- **Help Yourself** - Self-advocacy training for youth working with the Division of Vocational Rehabilitation (DVR) that covers topics such as Independent Living, Self-Advocacy, Self-Awareness & Self-Determination, The Power of Words, Communication Skills, Individualized Education Plan, and Disability Legislation & Advocacy. (*teens - 6 sessions*)
- **Skills to Pay the Bills** - Work readiness training for youth working with the Division of Vocational Rehabilitation (DVR) that covers topics such as Communication, Enthusiasm & Attitude, Team Work, Networking, Problem Solving & Critical Thinking, and Professionalism. (*teens - 6 sessions*)