

Life Skills

Pathways for Living, Inc.
BUILDING A STRONGER COMMUNITY

PATHWAYS FOR LIVING, INC. completes its initial life skills training series! The feedback from participants and presenters has been excellent! The project is a two tier skills based program that includes: **A)** Five seminars covering basic skills required to successfully navigate the ever changing demands of independent living; and, **B)** Four technology workshops designed to bridge the digital divide. This project was made possible by: a grant from ABCUSA, which provided the PCs, Software/ applications and WI-FI support; and by many volunteers who gave of their time and talents. Thanks to all!! A pictorial snapshot of the project follows...



Self-Esteem

A positive self-image is critical to maximize personal achievement and satisfaction!



Hygiene

Proper and disciplined practices impacts self-esteem and supports a healthy & productive life style.



Parenting Skills

Successful parenting techniques enhances the parent/child relationship, supports the effectiveness of single parenting and best opportunity for the child to succeed.



Job Preparation

The better prepared one is approaching the job market in these challenging times is critical to becoming the "Best Candidate" for the limited jobs available.

(see more on reverse side)



Budgeting

Managing one's financial resources and their relationship with financial institutions is essential in today's challenging economy!



PC & Internet

If one is compete in the mainstream, more parity must exist in current digital world. This series is designed to begin to narrow the gap.



Office Software

The most common business software today includes document preparation and financial spread sheets. The two sessions intends to provide basic skills in M/S Office & EXCEL.



Online Jobs

This session addresses the need to know quickly when/where scarce opportunities exist and the ability to present oneself quickly while the job is available. Web based job searches, online applications and resume building is the norm in today's highly competitive job market.

To learn more about the *Life Skills program* or *Pathways for Living, Inc.*, please call (301) 340-2796.

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Life Skills



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◀ PC: Excel Demo

Hygiene: Concepts ▶



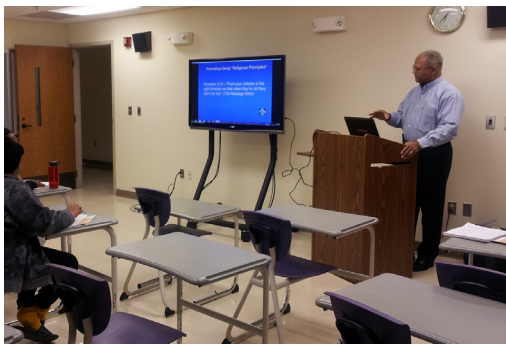
◀ Budget: Fiscal Management

Laura English & Mackessa Holt ▶



◀ Jobs: Dress for Success

PC: Intro Workshop ▶



◀ Parenting: Essentials

Self Esteem: Self Perception ▶



◀ Budget: Creating a Plan

Jobs: Mock Interviews ▶

