



PATHWAYS TO INDEPENDENCE  
Course Descriptions



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## Course Descriptions

These course descriptions are written in client-friendly language.  
Please call if you have any questions and we will be happy to discuss in greater depth.

### **SOCIAL INTERACTION**

Learn about social interaction in a fun and non-threatening environment. These classes will cover topics such as bullying, social media, friendships, relationships, etc.

- *Making Friends & Social Connections*

A friend is a person you know well, someone you like and trust. How hard can this class be? It is very hard, because you must learn how to be a friend before you can have a friend. Sometimes it takes changing the way you feel, or changing how you talk to people, and maybe even changing how you treat other people. Changing is a difficult task. That's what makes this class a challenging one, but do not despair. When you wrap all those challenges around a warmhearted atmosphere, good, kind people, and fun activities, you come out with a giant friendly sandwich. Sandwich? My friend made me say that!

- *Men's and Women's Groups*

Many things about men and women are the same, yet there are just as many that are different. We experience changes physically and emotionally that perhaps we do not understand.

In this class, we learn how to understand and work through the differences in respectful ways. At the same time, we will learn about how our similarities help us to connect at a deeper level when we choose to experience relationships that go beyond "just friends". Through all this, we learn how to keep it fun while life is reaching for us and pulling us in weird directions.

- *Leadership*

**[By invitation only]**

This one-of-a-kind class assists potential leaders to understand what it means to be a good leader. Leadership participants learn about qualities that increase their leadership skills, qualities such as strong communication skills, leading by example, volunteerism, compassion, integrity, and team building. *(We also explore qualities that make a bad leader and learn how to avoid them.)*

This class is not exclusive: It is inclusive. Leadership participants put "inclusion" into action when they serve as mentors for new clients or when they find ways to honor a classmate or teacher for a good deed, done well.

## LET'S TALK

Talking is a two-way street-it goes both ways. With strong communication skills, we experience less drama and more satisfaction in our relationships at home, at work and in our community. Isn't that what we all wish for...less drama? In this class, you will learn why it is important to be a good listener. Effective communication is the key to progress within yourself, the community, and the workplace.

- *Say What You Mean*

Do you ever find yourself trying to tell someone something, but you just can't seem to get the words out right? You will learn to think and organize your thoughts before you speak, and express your needs and wants in a positive, constructive manner. Verbal and written communications are valuable people skills. Skills that will help you tremendously with social skills and with getting and keeping a good job.

- *Listen Up*

To understand, first you must learn to be a good listener. This is a skill worth learning. You will learn to remember what is said to you and to transfer that information accurately to someone else so they will want to "listen up" to what you want to tell them.

- *Telephone Skills*

Our phones connect us with everyone important in our lives and that can be a lot of fun. We all love our telephones because they help us to do amazing things like texting & talking with friends & family, listening to our favorite music, taking photos and storing them, and calling 911 for an emergency. Your phone can tell you about important family news such as finding out that you are now an uncle (or aunt), and your niece or nephew was named after you. Pretty cool, right? You will learn about phone etiquette so that people will love to see your name appear on their screen.

We also look at the shady side of phones such as learning how to deal with a person who texts or calls too often or who calls you in the middle of the night. Yes in the middle of the night when you were in the middle of a great dream about being in Hawaii and sitting under a palm tree.

## SAFETY

- *Summer Safety*

How can you have any fun-if all you think about is safety? The sun is out, and you want to play, play, play. Hmm, the sun is out you say? So where are your sunscreen, sun glasses, and hat? You didn't know you needed them? Then you definitely need this course. This is a scorching class on keeping summer foods safe, keeping you and your family safe, and still having oceans of fun in the great outdoors.

- *Winter Safety*

If it's cold enough to freeze water, it will freeze fingers and toes, but who wants to spend those beautiful, nippy winter days locked inside the house? "NOT ME", says I. With a few masterful cold weather hints from our cold weather experts, you will learn how to safely enjoy the blustery months. You will learn in-home emergency survival techniques if your water heater or electricity is interrupted. Learn to stay safe and snug inside on the chilliest of days. So let it snow, let it snow, let it snow.

- *Basic First Aid & Survival*

This class will give you confidence in your abilities to take care of yourself in difficult, and perhaps potentially dangerous situations. You will gather experience, knowledge, and self-reliance about topics such as:

- How to administer basic first aid to yourself or someone else, including how to create and use a first aid kit.
- How to survive inside your home when there is a power blackout, a wind storm, or a snow storm.

That's just the tip of this grand iceberg we call "safety".

## **PERSONAL LIVING**

- *All About Me*

Come discover all the fun things about yourself, things like your birthday, your favorite color, favorite movie, and favorite song. Can you tell me your address so I can send you a birthday card? Ah, there is so much to discover about . . . YOU. But how will you ever know if you like something if you have never even heard about it or seen it? With this class, you will have the opportunity to see and learn about the many exciting things life has to offer. The good news: It will be up to you to decide which aspects are something you want to add to your unique persona.

- *Current Events*

What's going on in your neighborhood, in your city, and in the world? Why is it even important? Why should you care? So many questions needing answers. We might want to participate in a community event or we might want to register to vote in the next Presidential election. But how do we get started? These questions are exactly why we offer Current Events. We'll use local newspapers, magazines, and sometimes the internet to discover what is going on locally and in the world around us. Ultimately, since it's all about you, you can discover how current events affect you and the people you care about.

- *Calendar Skills*

How can you possibly make a class out of learning about the calendar? Before we get into that, exactly when is your birthday? When will you be available for summer vacation this year? With a calendar to help, you can plan ahead for the important events in your life. Without calendars, we would be like cave dwellers scratching marks on the walls to tell us when it was time to cut down the traditional Christmas tree, and you know how “*Some People*” feel about marks on the wall.

- *Time Management*

*You want it when? No Problem.*

In a world that moves faster than the speed of electricity, it is more important than ever to have the ability to manage your time so you end up with precious leisure time to do the things you really want to do. Wow, I have time to go to the movie theater. Do you want to go with me?

## **MONEY, MONEY, MONEY**

- *Basic Money*

So you want to be able to handle your own money or at least your own spending money? Everyone I know wants a few dollars in their pocket. Basic money management is the ability to handle coins and currency. These skills are needed for shopping and for participating in recreational and entertainment activities in the community. You will focus on number recognition, counting coins, counting currency, and learning to make change. These skills will help you to keep more *MONEY, MONEY, MONEY* in your pocket.

- *Budgeting*

What is a budget? A budget is a spending plan. Why do we budget? So we don't overspend. This course uncovers all the little secrets of maintaining a household budget, saving for something special, like that trip to Disneyland or a new TV. With enough money in your pocket, you can enjoy fun things like a new outfit, going out for ice cream or going to the movies.

## **COMMUNITY LIVING**

- *Rockin' the KROC*

Have you ever thought it would be fun to join a gym and then not followed through? If you're thinking “*Yes*” (*like I did*), this class is for you, because you will discover that follow-through is more fun when you go with a friend or two. With those friends and your instructor, you will learn about things like locker room etiquette and the protocols for using the equipment there. There are so many wonderful opportunities & benefits to be enjoyed when you visit the KROC!

- *Personal Shopping Skills*

When someone said, “It’s a jungle out there”, they must have been talking about shopping. This class helps to develop your ability to purchase personal items, and items for your home. Is there more you ask? Of course there is. You will take trips into the community and gain knowledge of the stores near your home. You will learn to identify price labels, to recognize sale items, and you will gain a cartful of shopping survival words. You will learn economical ways to shop using coupons and newspaper ads. You will learn how to ask for assistance if you can’t find something and how to return an item for a refund. This class simplifies all the complexities of personal shopping-from planning to unpacking.

- *There & Back Again*

Have you ever in your life been lost? Of course, I never have, but if I were lost, I would wish I had taken this class. Learn about landmarks and how to orient yourself in the community with them so you can get back again.

Learn what your community has to offer beyond shopping. There’s a lot to learn, and it’s a lot of fun, because you learn it in the real world, not from behind a desk or computer. You will learn about all areas of community safety, how to act, and how to react. You will also learn how to identify community hazards and how to handle them, hazards like stray dogs, strangers, and unexpected situations. We take you there, but you take all the knowledge home.

- *Grocery Shopping*

Have you ever done this: used your entire grocery budget to buy “really good things” like sodas, snacks, ice-cream, and steak? Me neither. It sure was fun, but if I want to be truthful, I will tell you what happened afterward. I ended up eating a lot of Ramen Noodles for the rest of the month, and I wasn’t too happy about that!

This class will take you into real grocery stores. You will learn how to make a shopping list and why you should stick to it most of the time. You will learn where things are located and how to compare prices for items on your list. And if you get really good at this, there should be enough money left over for an occasional treat like a small container of ice cream.

- *Restaurant Dining*

Sandwiches, burgers and fries, Oh MY! Just a few of the things you might order as you practice staying within in your budget. Learn a few snazzy restaurant manners such as saying, “Please pass the Catsup” instead of reaching across someone to snag the bottle; or know how to nicely tell your server what’s wrong with your hamburger instead of complaining or becoming upset, and learn about tipping your server. One thing we know for sure, people who have good restaurant manners are more likely to be invited to go again.

## SELF IMPROVEMENT

- *Lookin' Spiffy*

In this class, plan on discovering the well-groomed you; the “you” that wants people to notice the good things about you like when you changed your hairstyle or painted your nails or got new shoes. When it comes to looking spiffy, the payoff comes from feeling good about yourself because of things like knowing your smile is just a little more sparkly lately. How so? Because no one had to nag you about brushing your teeth, you like doing it on your own. Who would’ve thought?

- *Goal Setting*

What are the differences between goals, dreams, wishes, and schemes? What is a goal? Why should we have goals? Setting goals and staying on-track is the first rung on the ladder of success. Setting and keeping goals builds self-esteem, creates life lessons, and sets you apart as the unique individual you are.

- *This? Or That?*

Have you ever felt stuck because you could not decide between what seemed to be 2 very good choices and then later realized that only one of those choices was a good one? The choices you make create the path you will travel throughout life. You will learn how to tune in to the right choices for you in order to avoid all that static. When it comes to choices, only you know where to set the dial to the “tune of you”.

- *Take Command*

When you’re in the driver’s seat, you decide where to go and how to steer your life around all the potholes and roadblocks that pop up unexpectedly: “Potholes” such as when someone accuses you of something that you did not do or “Roadblocks when you feel that nothing is going your way. Discover techniques for putting on the brakes with stress instead of putting the gas pedal to the metal & accelerating to full-speed-ahead with anger. You’ll learn how to look at your stressors with a “rear view mirror” approach and learn to see the road ahead with rose colored glasses.

Now doesn’t all that sound simple? Maybe not, but this class will help you to take charge of who you are and who you want to be. Now doesn’t that sound incredible? Yes, it does, and yes, it is.

## PREVOCATIONAL

- *Knowing When & Where*

I'm late; I'm late for a very important date. No time to say hello, goodbye, I'm late, I'm late, I'm late. Whew, you'll need to be on time, every day, for your new job, and yet, there is so much to do in life, so let's find as much time as possible to do all that we can. Great idea: Less wasted time equals more time for the fun things. But if you're always running a little behind (like me), this class is just the thing for you. Why? Because you'll learn that time concepts involve more than just telling time. For starters, if you need to learn about telling time, we'll start there. But be ready to move on to things like learning how to coordinate your class or work schedule to your calendar so you know where those precious fun times can fit in so nicely.

- *Jobsite Manners*

Who is supposed to say, "Hi" first when I get to work, my supervisor or me? I get all mixed up with that "manners thing" at work, so I just sit off to the side and hope no one will notice me. I'm really trying, but work manners are confusing, like I'm not supposed to help someone too much because then I get less done. That sounds right, now that I think about it, but when I was helping Linda, that seemed like the right thing to do.

If you want to gain some clues about jobsite manners, this class might be just the thing to get you started.

- *Task Completion*

Have you ever started something, and for some reason or another, it didn't get finished? We have all experienced this, and it's not a good feeling. In this class, you will learn to set achievable goals and how to carry them through to the finish line. OK, it takes a bit of self-discipline but the pay-offs can be huge, like increased self-esteem.

This is a very *self-ish* class. You will love it as you learn what a wonderful place *self* is.

## MEAL PLANNING & PREPARATION

- *Planning Ahead*

Imagine this: You rushed out of the house to go grocery shopping. Now you're in the store, and you cannot remember all the ingredients needed for that tasty meal you were planning to cook for dinner with your friend. Ever done that before? I sure have, and that's why we are offering this class to help with reading recipes (before you leave the house), making a shopping list, and finally having everything you will need before you begin cooking. When all the needed ingredients and all the utensils are all lined up on the counter, your cooking experience will go moth smoother. You might even begin to feel like one of those TV chefs who make it look so easy because they know the secret to having fun while cooking is to have everything organized in advance.

- *Nutrition*

If your grocery list shows only five items: potato chips, frozen hash browns, pancake mix, a large loaf of white bread, and a case of soda pop; please allow me to ask a few questions. Where's the dairy or the protein?

Your number one obligation in life is to yourself, and that means your body. This class will assist you to compare healthy foods with junk foods. You will learn about nutrition balance and healthy habits. You will discover the foods that are "good for you" can taste great too.

- *Cooking a Meal*

Who says Hamburger Helper can't be delicious and nutritious with a few added "optionals"? Not me. Ah, but since you want to amaze your family and friends once in a while, we'll even teach you how to prepare a few fancier meals like a simple Thanksgiving dinner. Oh, and part of that amazing family and friends thing includes knowing how to store leftovers, if there are any, and how to turn them into delicious meals. We have the secrets, and so will you upon completion of this course. Wait . . . there is more . . . if you sign up now, you will also receive instruction on setting a gracious table, how to treat your guests like friends, and your friends like guests. We'll see you there when we all sit down to eat the meal we just created during class. If you decide the recipe is a "keeper", a printed copy is available for you to take so you can talk with your family about cooking it at home.

- *Cooking with Big & Small Appliances*

Have you ever seen 4<sup>th</sup> of July in your microwave? (*Because you forgot to take that metal spoon out of the soup before putting the bowl in the microwave.*) Or have you ever said, "Is this thing on?" when you suddenly noticed that really bad smell of melting plastic? This class will help you to learn hands-on cooking and safety skills with all appliances. Get ready to impress your friends and family when you create fancy eats with waffle irons, electric woks, etc.

## **COMMUNITY SERVICE**

[By invitation only]

If you are looking for a way to give back to your community, this individualized class might be just the thing for you.



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