



EVERY TUESDAY INDEPENDENT LIFE SKILLS GROUP

The ABA Group life-skills programs assist teens and young adults in making a successful transition to responsible, independent adulthood. Independent living skills are the skills that a person needs on a daily basis to live independently. They include self-care skills like eating, dressing, bathing, toileting and grooming. They also include other skills like home management, cleaning, resume writing, and more.



**Managing Money:
Budgets**

Bills

Home Care:

Rent

Cleanliness

Self-Care

Food Preparation:

Groceries

Cooking

Medical Care:

Doctors'

**Medication
Management**

ABA GROUP

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Tuesdays 3:30-5:30