



Family and Community Support Systems, LLC Training Center Class Highlights

[CLICK HERE](#) for a registration form

Call **(804) 762-8716** with any questions

Independent Living Class Information

Independent Living:

The state of living on your own and meeting your needs within the context of others in the community.

Class Objective:

To provide young adults, ages 15-18 years old with the training necessary to effectively navigate various real-life situations competently

Co-ed Groups – 10 week class

The participant will receive certificates of completion and a graduation dinner.

Registration is required one week in advance of start date.

Cost: **\$650.00**

10 week course that includes:

- Leisure and Social Activities Planning
- Finances
- Housing
- Employment
- Education (*high school, vocational and college planning*)
- Communication Skills
- Health & Hygiene
- Healthy Relationships

