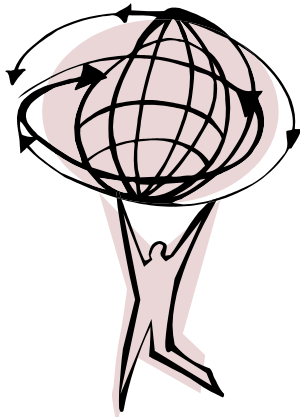


Create your best possible future !!

The Life Skills Curriculum is available through a County United Way grant to help prevent homelessness and promote autonomy. The program is offered by the Gilchrist Center and is suitable for groups or individuals. Life Skills encompasses numerous topics related to employment, financial literacy and social skills. The program coordinator serves as a Life Skills Coach with a primary focus of empowering participants to move toward self-sufficiency.



**The future belongs
to those who
prepare for it today.**

Workshops at South Cumberland Library

Friday Mornings – 10:30 to 11:30 am

2/17/12	Resume Writing
3/2/12	Budgeting Basics
3/16/12	Managing Debt
3/30/12	Making Decisions
4/13/12	Successful Work Attitudes

Wednesday Evenings - 6:30 to 7:30 pm

2/29/12	Interviewing Skills
3/28/12	Budgeting Basics and Managing Debt
4/25/12	Successful Work Attitudes

CUMBERLAND YMCA

Contact: Sue Records,
Coordinator
Life Skills Program

Cumberland YMCA
Gilchrist Center
205 Baltimore Avenue
Cumberland, MD 21502

Office: 301-724-5445 X101

Fax: 301-724-0642

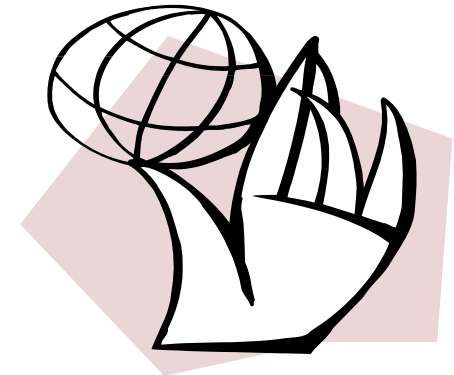
E-mail: srecords@allconet.org

The Life Skills Program is funded through a grant from the County United Way.



LIFE SKILLS PROGRAM

**EMPOWER YOURSELF
ACHIEVE YOUR GOALS
CREATE YOUR BEST FUTURE
FEEL SUCCESS**



CUMBERLAND YMCA

**We build strong
bodies, strong
minds
and strong
communities.**

LIFE SKILLS CURRICULUM—Topic Areas

EMPLOYABILITY TITLES

Interviewing
Getting a Job
Holding a Job
First Week at Work
Pay Records
Successful Attitudes
Productivity, Advancement, Raises
Successful Attitudes
Job Safety
What Am I Worth?
Loyalty—to Whom?
Quality vs. Quantity
Discrimination
Evaluation
Second Job
Quitting a Job
Losing a Job
Fired, Laid Off, Resigned
Unemployment

FINANCIAL MANAGEMENT TITLES

Decision Making
Handling Money
Establishing Credit
Poor Credit Rating
Interest
Insurance
Financing a Car
Buying a Vehicle
Warranties
Reading Ads
Advertising
Reading a Map
Consumerism
Comparative Shopping
Food Prices
Consumer Laws
Getting Consumer Help
Mail Order Problems
High Pressure Selling

SOCIAL SKILLS TITLES

Self Concept
Problem Solving
Communication
Self Control
Responding Behaviors
Interpersonal Relationships
Social Awareness
Peer Pressure
Risk Taking
Critical Situations
Persuasion
Negotiation
Values Clarification
Group Rules and Roles
Cooperation in Groups
Loneliness
Sickness and Death
Involved in an Accident
Arrest