



Workshop Overview

Community Living Skills



“We’ve had people build stronger relationships with their family and friends because they are self-advocating as a result of the classes.

They can tell their families and friends when they disagree with them or need something different for their future.”

– Community Living Skills facilitator

Community Living Skills (CLS) is a ten-week workshop within the HCL program for people who want to build their independent living skills.

Workshop participants can:

- Build a support network with peers in the disability community
- Explore options and possibilities for setting personal goals
- Get information on skills and resources for living and participating in the community
- Build confidence and comfort in decision making and problem solving

Workshop Sessions

The Community Living Skills workshop provides introductory information on a number of topics specific to living independently in the community, including:



Disability Identity: This session can help participants understand disability and some of the shared experiences they may have. It will help participants reflect on their unique and personal identity story. Identifying as a person with a disability does not have to be negative; it can be a step towards taking back power to make choices and lead the life participants want to lead.



Peer Support: This session explores who peers are, where they can be found, and in what ways they can support someone. The session explains how peers can help someone feel heard and accepted, help solve problems, and help someone explore new options and see new possibilities.



Self-Advocacy: Self-advocacy means speaking up for what you want or need. This session will introduce participants to the concept of self-advocacy and help participants understand how they might advocate for themselves in the future.



Self-Care: This session discusses the important ways that someone can take care of their body and be healthy in their home. Focus areas include keeping your body clean, listening to your body, and being healthy in your home.



Housing: Living independently may mean finding housing that fits an individual and their specific needs. This session helps participants explore options and resources for housing, and plan for individual needs.



Technical Skills: Developing some technical skills can be an important part of community living. This session is designed to support participants in learning new technical skills, whether that is using a computer, getting online and using the internet, or using assistive technology.



Budgeting & Finance: Budgeting means not just having some money or income, but also understanding how to use money to help meet goals. This session will help participants understand what goes into their budget to stay on track.



Healthy Relationships: Everyone has experienced many different types of relationships in their lives. This session helps participants reflect on their relationships, discuss healthy communication, setting boundaries, and setting oneself up for success in healthy relationships.



Transportation: This session helps participants learn more about transportation options and resources, so that they will be able to find ways to get to where they need to go and be as independent as possible in their community.



Time Use: Time management, or time use, means using one's time well. Using time well allows a person to meet their goals, build stronger relationships, and lower their stress. This session helps participants think about their time and utilize tools to stay organized.