



# New Spring 2026 Courses for Adults with Developmental Disabilities at PGCC

Prince George's Community College's Lifelong Learning department is excited to introduce two new pilot courses designed specifically for adults with developmental disabilities. These hands-on classes build independence, confidence, and practical real-world skills.

## THRIVE: Kitchen & Service Skills for Independent Living

**Thursdays | Feb. 5–Apr. 2 | 1–4 p.m.**

- Food safety and sanitation
- Cooking and recipe prep
- Teamwork, communication, and customer service
- Supportive, hands-on learning environment

## Thriving in Daily Life: Life Lab

**Mondays | Feb. 9–Apr. 20 | 10–11:30 a.m.**

- Time management and scheduling
- Making appointments and goal setting
- Social skills and communication
- Money basics: budgeting, pay, saving
- First aid and emergency preparedness

If you serve students or clients who would benefit from these courses—or if you are interested yourself—we welcome you to join us this spring!

**For more information or to register, please contact our office  
at [lifelonglearning@pgcc.edu](mailto:lifelonglearning@pgcc.edu).**



PRINCE GEORGE'S  
COMMUNITY COLLEGE