



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.**



PRINCE GEORGE'S
COMMUNITY COLLEGE