



# Life Skills Coaching

Adults have a desire to remain as independent as long as they can. With Life Goes On, we have professionally trained staff that will work closely with each Client and their Caregiver to insure that they are learning new skills that will allow for their independence to continue.

## Community Based Client Workshops

### Life Skills

- Money Management
- Financial Literacy
- Technology & Devices
- Socialization/ Relationships
- Medical and Diet Management
- Health and Well-being
- Home Safety
- Community Resources
- Effective Communication
- Self Advocacy / Problem Solving
- + Caregiver Support Group

90 minute  
Workshop Topics

Each workshop topic includes a hands-on learning activity

### Workshop Rates

(Capacity 6 people)

- 90 min session \$450
- 3 hour session @ \$900
- 6 hour session @ \$1,800
- Selection of Topics Available
- Snacks + Supplies Included
- 60 min session @ \$225
- Metro Atlanta Only

Ask us about pricing for 1-on-1 sessions!

Questions? Want to book your session(s) today?

Email us at

[lifeskills@lgocms.com](mailto:lifeskills@lgocms.com)

