



# Nirvana Now!

Choosing Inner Peace For You

## INDEPENDENT LIVING SKILLS WORKSHOPS

**Description:** Participants will have fun learning independent living skills needed to successfully transition from their birth, foster or adoptive home to their own. Workshops include: "I Want A New Car: Financial Planning for Independent Living, I Want A Job That Pays Good: Employment Planning for Independent Living, She Likes Me...He Likes Me: Relationship Building For Independent Living, Can I Go To College?: Educational Planning for Independent Living, Do You Have Good Self-Esteem?, Anger Management and Independent Living." All workshops are highly interactive and hands on.

**Audience:** Junior and High School Students, Kinship Care Providers, Foster Parents, Adoptive Parents, Case Aides, Community Support Workers, Case Workers, Teachers

**Time:** This is a workshop series where trainings can be taken individually or as a total Independent Living program. 3-hour blocks of time each

- ❖ I Want A New Car: Financial Planning for Independent Living – This workshop is designed to teach teenagers they can have anything they want...they just have to plan. Participants will be taught basic budgeting skills for big and small purchases as well as managing bills associated with their apartment and general living expenses.
- ❖ I Want A Job That Pays Good: Employment Planning for Independent Living – Even teenagers can have jobs that "pay good." The time spend in this workshop will assist the participant identify what skills they have to offer an employer and what skills they will need to develop. Additionally, participants will develop a resume, learn how to complete employment applications, develop interviewing skills, learn how to find the job they want, pick the best job between multiple employment offers, negotiate their salary, learn what is necessary to keep their job, and know when it's time to find another job.

P.O. Box 1588 Reynoldsburg OH 43068  
(614) 367-6030  
[www.mynirvananow.org](http://www.mynirvananow.org)  
[cece@mynirvananow.org](mailto:cece@mynirvananow.org)

- ❖ He Likes Me...She Likes Me: Relationship Building for Independent Living – Social and intimate relationships are extremely important for teenagers who are probably living in the most social time of their lives. In order to get what they want out of life, it is important they have the interpersonal skills for each situation and environment they are confronted with. Intimate and personal relationships will be explored. Participants will learn how to read if someone else is worthy of their attention, how to choose the best people as friends, what dating is all about, when to pursue and develop sexual relationships, and how to end a relationship amicably.
  
- ❖ Can I Go To College? – This workshop is designed to teach participants the value of education as a means to reach their goals. Participants will identify their career choice(s) and spend time developing a career ladder which may include completing their high school diploma or going to college. Participants will be provided information on accessing GED and on-line programs. Participants will research college degrees or certificate programs of interest, identify colleges and universities that offer desired programs, learn how to apply to the institutions of their choice, and learn about financial aid packages. Participants will also learn about Education Training Vouchers available to cover college/vocational school expenses.
  
- ❖ Anger Management and Independent Living – This hands-on workshop will teach participants the importance of identifying the source of their anger, understanding misplaced anger, and knowing what triggers their anger. Participants will understand how mastering anger management skills such as taking time out, using good self-talk and talking with someone else, etc. will enable them to gain control of their anger before it turns to rage.
  
- ❖ Do You Have Good Self Esteem? – Participants will have an opportunity to evaluate their own self-esteem level through interactive exercises. Will also learn strategies to increase their ability to view themselves in high esteem.
  
- ❖ On My Own: Helping Teens Plan ForThe Future – This workshop will assist participants identify life skills crucial for teens to be successful adults. Primary areas covered include exploring options teens have post high school, identifying career options and understanding what preparation is needed to enter these occupations, developing and sustaining beneficial relationships, safer sex practices, and acquiring and maintaining suitable housing and transportation.