

# LIFE SKILLS

|                                |                                        |                                                       |                                      |                                         |
|--------------------------------|----------------------------------------|-------------------------------------------------------|--------------------------------------|-----------------------------------------|
| <b>Social Skills</b>           | Ability to maintain strong friendships | Developing & Maintaining stable healthy relationships | Nutrition & healthy eating habits    | Improved decision-making skills         |
| Communication Skills           | Skills for Independent Living          | Maintaining a Stable Residence                        | <b>Avoid Relapse Urges</b>           | <b>Mental Health Status</b>             |
| <b>Routines</b>                | Stable Living Environment              | <b>FREE</b>                                           | Budgeting & Financial Responsibility | Employment Status                       |
| Functional Social Interactions | <b>Physical Health Status</b>          | Healthy Coping Mechanisms                             | Emotional Self-Control               | Learning (or re-learning) basic hygiene |
| <b>Effective Coping Skills</b> | Career Coaching & Development          | Medication Management                                 | Stress & Anger Management            | Creating & maintaining a daily routine  |

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|                                                       |                                         |                                   |                                        |                                        |
|-------------------------------------------------------|-----------------------------------------|-----------------------------------|----------------------------------------|----------------------------------------|
| Stable Living Environment                             | Avoid Relapse Urges                     | Nutrition & healthy eating habits | Communication Skills                   | Maintaining a Stable Residence         |
| Developing & Maintaining stable healthy relationships | Stress & Anger Management               | Improved decision-making skills   | Career Coaching & Development          | Mental Health Status                   |
| Functional Social Interactions                        | Budgeting & Financial Responsibility    | <b>FREE</b>                       | Employment Status                      | Ability to maintain strong friendships |
| Emotional Self-Control                                | Medication Management                   | <b>Social Skills</b>              | Creating & maintaining a daily routine | Physical Health Status                 |
| Healthy Coping Mechanisms                             | Learning (or re-learning) basic hygiene | <b>Routines</b>                   | Skills for Independent Living          | Effective Coping Skills                |

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|                               |                                        |                                   |                                         |                                                       |
|-------------------------------|----------------------------------------|-----------------------------------|-----------------------------------------|-------------------------------------------------------|
| Career Coaching & Development | Medication Management                  | Avoid Relapse Urges               | Learning (or re-learning) basic hygiene | Budgeting & Financial Responsibility                  |
| Social Skills                 | Functional Social Interactions         | Healthy Coping Mechanisms         | Skills for Independent Living           | Improved decision-making skills                       |
| Routines                      | Creating & maintaining a daily routine | FREE                              | Physical Health Status                  | Emotional Self-Control                                |
| Stable Living Environment     | Mental Health Status                   | Nutrition & healthy eating habits | Stress & Anger Management               | Developing & Maintaining stable healthy relationships |
| Employment Status             | Ability to maintain strong friendships | Maintaining a Stable Residence    | Communication Skills                    | Effective Coping Skills                               |