

# FOUNDATIONAL SKILLS



Building and strengthening foundational skills such as sleep, hygiene, learning about social needs and nutrition can set you up for success. Can attend all sessions or selected ones.

## DETAILS

Anyone between the ages of 16-24

### Dates & Topics:

July 17, 2025 - Identifying Emotions

August 7, 2025 - Sleep

September 4, 2025 - Nutrition & Exercise

October 2, 2025 - Hygiene

November 6 2025- Social

December 4 2025- Spiritual

**Scan for Referral**



### Contact Information

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