

Membership

Life Skills program participants are required to be a People in Motion member (\$10.00 individual, \$15.00 family).

A People in Motion membership also gives you an opportunity to be a voting member, receive newsletters, participate in our other programs and much more.

Costs

Members pay \$40.00 per month.

Transportation not available through People in Motion.

SPECIAL REMINDER!

People In Motion's office is a no peanut zone!

Supporters

We would like to thank The Stollery Charitable Foundation for supporting this program.



Find us on!



Telephone/TDD: 250.376.7878

E-mail: information@peopleinmotion.org

Web site: www.peopleinmotion.org

Mailing address: 182 B Tranquille Road
Kamloops, BC V2B 3G1

Office Hours: Mon. - Fri. 9:30 am - 4:30 pm



Come to our Life Skills Class!

People In Motion teaches day to day life skills for young adults with diverse abilities; learning delays, autism etc.

CONTINUE TO LEARN!

Participants will learn about money management, basic computer skills, community safety, cooking, nutrition, and lots more.

Learn with your peers and become more independent.

People In Motion
Creating a better tomorrow for People with disabilities.

LIFE SKILLS PROGRAM



People in Motion offers a “Life Skills Program” which is designed for young adults with diverse abilities. This interactive program teaches basic day to day life skills to young adults to promote independence.

The course focuses on social competencies; money management; reading; etiquette; safety; public transportation and community volunteering.



Classes will take you out into the community and give you an opportunity to:

- Learn new skills
- Meet new people
- Be more independent
- Have fun!



Classes

Weekly classes running for 12 sessions starting

September 15, 2016.

Thursdays

9:30am– 2:00pm

Call us to see if this is the program for you!