

Enhanced Life Skills 2025

- **April 15- Communication Styles and Understanding Social Cues**

Learn and practice the different communication styles along with identifying the most used social cues in a conversation.

- **May 20- Understanding Emotions and Body Language**

It's not always about what you say, but also how you move your body and the expression on your face. This class will practice non-verbal communication skills.

- **June 17- Speed Friending**

Putting the skills we have worked on so far we, will have a fully interactive class socializing with each other.

- **July 15- How to follow up on social connections**

Once you make a connection, what's next? This class will give ideas on way to follow up on social connections and plan social outings with friends.

- **August 19- Social Media Safety and Maintaining Social Connections**

Social Media is the number one way people stay connected. We will discuss the different apps, how to stay safe, avoid scams and maintain connections.

- **September 16- Fall Harvest No cook cooking**

Join us for a no-cook "cooking" recipe using in season ingredients!

- **October 21- Getting to work: Transportation options**

What's available in the community for transportation? How to access these services, and a panel of individuals to share how they use them.

- **November 18- Showing Gratitude; Giving back to the community**

Gather together to work on a community service projects!

- **December 16- Speed Friending**

Wrapping up the year with another round of interactive conversation and talking about our wishes for 2026!

WHEN:

Check in at 5:45

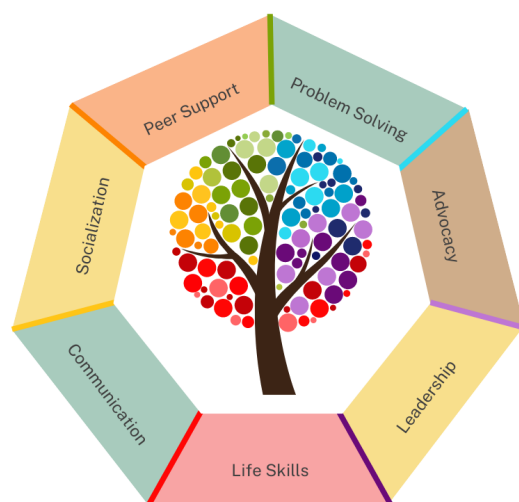
Class from 6-8pm

WHERE:

66 Ford Rd.

Upstairs Classroom

Denville, NJ 07834



RSVP:

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