

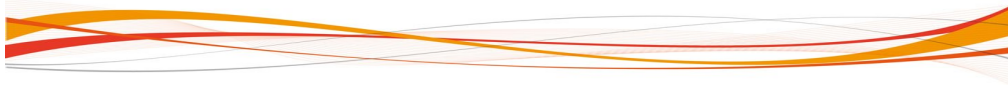
# Enhanced Life Skills 2024

## September 17- [Emergency Preparedness 101](#)

- Presentation by Morris County Office of Emergency Management (OEM).
- Learning about Register Ready and 911.
- How to stay safe during weather emergencies.
- Preparing and updating emergency GO-bags.

## October 15- [Individualizing Employment for Your Success](#)

- This class will review DVRS services available, even if you already have a job!
- Review self-advocacy skills and how to ask for what you want/need at work or while looking for employment.
- Practice soft skills such as teamwork and communication.



## November 19- [Getting Involved in Your Community](#)

- What is community service and how do you get involved?
- Learn about Aktion Club and how to find additional organizations to volunteer with.
- Gratitude and Community Service Activity

## December 17- [2024 Goal Reflection & Setting Goals for 2025](#)

- Understand the importance of goal setting and reviewing goals for growth.
- Develop goals for 2025 using the SMART goal format.
- Learn techniques to break down goals into manageable tasks and milestones while overcoming obstacles.

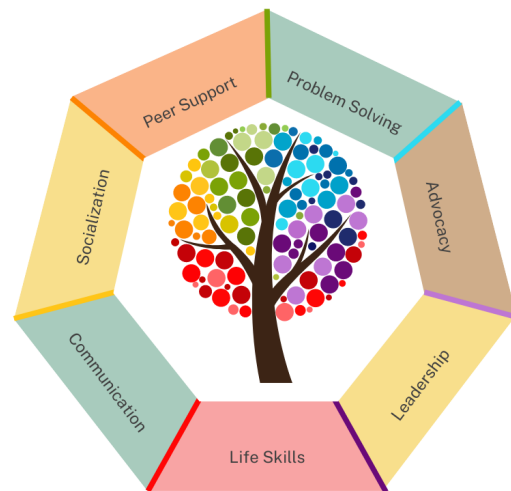
## **WHEN:**

Check in at 5:45

Class from 6-8pm

## **WHERE:**

66 Ford Rd. Suite 124  
Denville, NJ 07834



## **RSVP:**

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