

Adult Activity Classes- Jan - May 2010

Sponsored by: North Los Angeles County Regional Center.
For adults with intellectual disabilities. FREE.
Held at Regional Center- 15400 Sherman Way, Van Nuys- west of
Sepulveda Blvd.

Group activity class with tutor and peer assistant.
**Class size is limited- register early! Contact Kathryn Lincoln-
818-756-6225, kathrynl@nlacrc.org**



Money, Budgeting and Math Activity Class-

3 weeks- bank accounts, ATMs, credit cards, budgeting, counting, calculators, comparison shopping, tips, tax and more. 1 absence allowed.

Thu- 10 - 11:30 AM - 1/21, 1/28 and 2/4/10

OR Fri- 2:30 - 4 PM - 1/22, 1/29 and 2/5/10



Manage Anger & Stress Activity Class- 3 weeks-

Ways to manage your anger and reduce stress. 1 absence allowed.

Thu- 10 - 11:30 AM- 2/18, 2/25 and 3/4/10

OR Fri- 2:30 - 4 PM- 2/19, 2/26 and 3/5/10



DATE CHANGE Improve Your Reading Activity Class-

6 weeks- this class is for you if you can read a little bit, but want to improve or you have trouble understanding what you read. 2 absences allowed.

Thu- 10 - 11:30 AM - 3/25, 4/1, 4/8, 4/15 & 4/22 and 4/29/10

OR Fri- 2:30 - 4 PM - 3/26, 4/2, 4/9, 4/16 & 4/23 and 4/30/10



NEW- Deal with Loss & Death- Grieving Activity Class- 3

weeks- We'll share personal stories, helpful ideas, tips and support resources. 1 absence allowed.

Thu- 10 - 11:30 AM- 5/6, 5/13 and 5/20/10. No Friday class.