



**MEN AND
WOMEN
OF VALOR**

WORKING GROUP

Life Skills

12-Week Adult Course



Register Today!

1350 Kelsey Street

Richmond, CA 94801

(510) 255-7603

Info@MWOV.org

FREE ADMISSION

TOPICS INCLUDE:

**SOCIAL SKILLS
COGNITIVE SELF-HELP
COMMUNICATION SKILLS**

This course is for adults who are in need of practical, everyday skills essential for daily living. This 12-week class highlights the importance of life skills as well as ways to appropriately utilize those skills in their everyday lives. Along with teaching about real-world skills, this course will also give participants the opportunity to engage in group work with peers and other actionable activities.