The Life Skills Program

Life Skills is a program that provides opportunities for students to participate in the community. These activities may include work assessments with a business, volunteer opportunities, education, or recreational activities.

The intake criteria

- Be an adult with a diagnosis of mental illness
- If client has a history of alcohol/substance abuse, they must be actively involved in a rehabilitation program
- Should have professional mental health support (CMHN, therapist, etc.)

1301 Avenue P North
Saskatoon, SK S7L 2X1
Tel: 306-384-9333
Fax: 306-978-5777
http://saskatoon.cmha.ca

Canadian Mental Health Association
Mental health for all

Association canadienne pour la santé
La santé mentale pour tous

http://saskatoon.cmha.ca
FAMILY & RELATIONSHIPS
- Building relationships
- Meeting people & making friends
- Developing a good support system

LIFESTYLES
- Planning use of leisure time
- Building better health and nutrition
- Developing a hobby or interests
- Learning to budget your money

SELF
- Recognizing & building personal strengths
- Gaining self confidence
- Solving problems
- Setting achievable goals
- Improving communication skills
- Handling conflict effectively
- Managing stress
- Understanding emotions

COMMUNITY
- Learning about community resources
- Seeking professional help
- Understanding your rights & responsibilities

JOB/EDUCATION
- Choosing the right career
- Exploring further education
- Finding and keeping a job
- Testing job skills
- Dealing with employers & fellow employees

LIFE SKILLS is a course which helps people to develop skills in coping with daily living situations. The course helps students to plan and work toward greater personal satisfaction and wellness.

LIFE SKILLS is an active learning program. Students participate and learn through a variety of classroom activities such as tours, lectures, films, group discussions, guest speakers, written exercises, role playing, physical fitness and recreation.

LIFE SKILLS is a course which runs daily from 10:00 am until 3:00 pm. The program is 18 weeks long. The first 11 weeks are in the classroom, followed by 7 weeks of activities in the community. Upon completion of the Life Skills Program, participants may work individually with a CMHA Vocational Counselor to plan further education/vocational goals.