



LIFE SKILLS

12 week course

Every week, participants gain information on:

Problem Solving, Effective Communication,
Adapting to Change, Stress Management,
Goal Setting, Budgeting and Banking,
Credit Reports and Scores, and more!

MONDAY'S AND TUESDAYS

3:00PM - 4:30PM

160 CASCADE PLACE BURLINGTON, WA 98233

Pre-Registration is recommended.

Contact:

(360) 826-0807 or

Jobs@CommunityActionSkagit.org

