



2020 CONSUMER TRAININGS

Individuals with disabilities are invited to join us for FREE monthly training sessions in-person and online.

| Training Topics | Topic Information | Online Training Dates (3-4 PM) www.able-sc.org | In-Person Training Dates (2-3:30 PM) Columbia Office |
|----------------------------------|---|---|---|
| Giving Back | Learn tips to be a part of the community and help others. | January 13, 2020 | January 14, 2020 |
| Respectful Relationships | Develop strategies for happy, healthy relationships. | February 24, 2020 | February 25, 2020 |
| Spring Into Organization | Get organizing tips to tackle clutter and create space where you never knew you had it. | March 16, 2020 | March 17, 2020 |
| Be More Assertive | Discuss your own or other people's rights in a calm and enthusiastic way. | April 13, 2020 | April 14, 2020 |
| Helpful Hints | Work through hard challenges with creative problem-solving ideas. | May 11, 2020 | May 12, 2020 |
| Getting a Good Deal | Tips for finding good prices and products. | June 22, 2020 | June 23, 2020 |
| Travel and Transportation | Look at transportation choices for local and out-of-state travel. | July 20, 2020 | July 21, 2020 |
| Preparing for Emergencies | Identify tools and ways to be independent during emergencies. | August 17, 2020 | August 18, 2020 |
| Moving Forward | Steps for getting past difficulties to accomplish goals. | September 14, 2020 | September 15, 2020 |
| Career Ready | Be equipped with skills and information to get a job. | October 19, 2020 | October 20, 2020 |
| Confident Communicator | Skills to build your messaging and confidence. | November 16, 2020 | November 17, 2020 |
| Apps for Independence | Apps that can help build independence. | December 7, 2020 | December 8, 2020 |

To register and make a request for an accommodation based upon disability, please call us at 800-681-6805, TTY: 803-779-0949, or email dtempio@able-sc.org a week before the event.