

Training Topics	Topic Information	Online Training Dates- 3 PM to 4 PM- www.able-sc.org Zoom
Countdown to Independence!	Learn how to set goals to achieve independent living skills in 2022!	January 24, 2022
Reshaping Relationships	Create healthy connections by developing communication skills, understanding healthy relationships versus unhealthy relationships, and strategies for meeting new people.	February 14, 2022
You've Got Power!	Know your rights and how to effectively self – advocate and advocate for yourself and those in the disability community.	March 14, 2022
Money Matters	Discuss ways to help you save money, understand credit cards and debt, and how to use your money to help you achieve goals.	April 11, 2022
Successful Socializing	Understand how to build confidence and self-esteem to take part in friendships and community activities.	May 23, 2022
Rec at Home	Discover these tips, tricks, and tales to pass the time caused by quarantines and transportation difficulties.	June 13, 2022
Tools for Access and Independence	Find out about assistive technology (AT) that fosters independence and safety, helps with personal life management, reduces social isolation, how to find AT, and how pay for AT.	July 11, 2022
Personal Emergency Preparedness (PEP): Let's Get Pepped!	Use methods for creating emergency, communication, and disaster plans to stay independent in emergencies.	August 22, 2022
Living Independently	Tools for preparing to be independent and making choices.	September 12, 2022
Dream It, Plan It, Do It!	Be ready to get a job by knowing your employment rights and how to request reasonable accommodations or supports.	October 24, 2022
Where Should I Live?	Skills to decide where you want to live, what's important to you in finding housing and understanding your housing rights.	November 7, 2022
Thinking Outside the Box	Become mindful of creative ways to problem-solving to achieve independent living goals.	December 5, 2022