

Consumer Trainings 2023

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

Training Topics	Topic Information	Monday Online Training Classes- 3 PM to 4 PM- www.able-sc.org	Tuesday In-Person Classes- 3 PM to 4:30 PM Columbia and Greenville Offices
New Year, New Focus	Plan and create goals to help you achieve your dreams.	January 23, 2023	January 24, 2023
Building Boundaries, Better Relationships	Develop boundaries to help you create healthy, happy relationships.	February 27, 2023	February 28, 2023
The Power of You!	Understand your strengths and rights to communicate.	March 20, 2023	March 21, 2023
Your Health: Choices and Responsibilities	Connect to activities for taking care of your health.	April 17, 2023	April 18, 2023
Get Organized	Learn tools to help plan your time and projects.	May 15, 2023	May 16, 2023
Staying Safe	Know ways to remain safe online, at home, or in the community.	June 26, 2023	June 27, 2023
Household Management	Build habits to get ahead and organize your home.	July 17, 2023	July 18, 2023
Be Prepared!	Create plans for staying safe during emergencies.	August 21, 2023	August 22, 2023
Make Your Money Work for You	Manage your money to reach success for your future goals.	September 18, 2023	September 19, 2023
Skills to Succeed	Design resumes, search for jobs, develop skills and know your employment rights.	October 16, 2023	October 17, 2023
Meet and Greet	Discover new ways to meet people and get involved in activities.	November 13, 2023	November 14, 2023
Bargain Shopping	Shop for bargains and learn ways to buy or create gift items at a good price.	December 4, 2023	December 5, 2023

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