

ADULT SKILLS COACHING SERVICES

SERVICES NOW CONDUCTED BY PHONE

For an appointment call (800) 342-5653

Sometimes problems are too much to tackle alone. They can affect relationships, personal happiness, work performance, housing, and health. Skills Coaching helps adults cope with life's problems and find solutions to get back on the road to their best life.

What will I learn?

- Independent living skills
- Parenting skills
- Problem solving skills
- Health & wellness
- Time management
- Managing emotions
- Self-advocacy
- Coping with trauma and stress
- Building confidence
- Locating housing, employment
- Assistance in crisis situations
- Linking to community resources

Skills Coaching services are provided in the home, school or community to Medicaid eligible adults.

