



Life Skills Workshops

Joyce McBride
Life Skills Educator
Work and Family Life Programs
847-688-3603 ext 203

FY12

Stress Management Workshops

1300-1500

4 Apr 2 May
6 Jun 1 Aug
5 Sep 3 Oct
7 Nov 5 Dec

Active Parenting Now

1300-1500
(Ages 5-12 yrs)

16-18 Apr
15, 22 & 29 Aug

Building Effective Anger Management Skills

0900-1100

17, 24 Apr & 1 May	8, 15 & 22 May
29 May, 5 & 12 Jun	10, 17 & 24 Jul
7, 14 & 21 Aug	11, 18 & 25 Sep
2, 9 & 16 Oct	30 Oct, 6 & 13 Nov
27 Nov, 4 & 11 Dec	

Communication Skills

1300- 1500

3 May
2 Aug

Building Healthy Relationships

1300 – 1500

5 Apr
26 Jul

Crossroads of Parenting & Divorce

(Meets court's requirements for parenting education statewide)
1100- 1500

26 Apr
28 Jun
30 Jul

Revised: 11 Jun 2012