

An Associate Degree in Occupational & Life Skills BELLEVUE COLLEGE



# **SKILLS FOR LIFE** *Workshops for Young Adults with Disabilities*

Ready to make your own decisions? Want to be heard about your life and education choices?

Join OLS Bellevue College and the Division of Vocational Rehabilitation for our Skills for Life Workshops, offered virtually in the winter and spring.

#### Who You Are

- Young adult aged 16-21
- Have an IEP or 504 plan
- Interested in exploring steps toward independence

#### What You'll Learn

- Communication essentials
- How to advocate for what you need and take charge of your education
- The importance of self-awareness
- Take your skills to the next level with expansion workshops in the spring

## **Skills For Life Workshop:**

Wednesdays 2:30-5:30PM January 13 - February 17

### **Expansion Workshops:**

**Build Your Future** Wednesdays 2:30-5:30PM April 14 - May 19

Self-Advocacy & Self-Determination Saturdays 9:30AM-12:30PM April 17- May 22

Full details and registration available on our website

## Join us and jump start your future!

## bellevuecollege.edu/ols/skills-for-life-winter-workshop



These services were developed in partnership with the Washington State Department of Social and Health Services, Division of Vocational Rehabilitation.

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