



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.