

# Upcoming Life Skill Classes

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**Refusal Skills: How to Avoid Bad Situations**.....November 7, 2012 at 10:00 am

- Learn ways to avoid bad situations
- Learn new refusal skills
- Practice techniques in real world scenarios

**Ready PA: Pandemic & Disaster Preparedness**.....November 30th, 2012 at 2:00 pm

- Be informed of emergencies that may affect you
- Prepare an emergency plan
- Learn ways to develop a disaster kit & what supplies you should include

**Let's Get a Job**.....December 12th, 2012 at 10:00 am

- How to avoid common resume & cover letter mistakes
- Factors that affect the hiring process
- 27 common job search mistakes

*Please bring copies of your resume & cover letter to discuss in class.*

**Cooking Up A Storm**.....January 3, 2012 at 2:00 pm

- Learn healthy and cost efficient meals for the whole family
- Gain new ways to save money while cooking for a whole week
- Ways to include the family in the cooking process

Please contact Amanda and notify her which class or classes you will be attending.

All PSH participants are required to attend at least 1-2 sessions this quarter.

(814) 445-9628 ext.211