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Life Management Skills III: Reproducible Activity Handouts Created for Facilitators

Kathy L. Korb-Khalsa, Estelle A. Leutenberg, Stacey D. Azok

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Created for anyone addressing mental wellness and life-skills education, this reproducible activity book will save you time and money by reducing preparation time. Covering a wide variety of topics, (e.g. conflict resolution, creative expression, job readiness, relationships, social skills) you will use this activity book as a primary focus for individual sessions and groups. Two suggested activities are included for each handout. The engaging graphics and illustrations provide an important visual aid in one-to-one sessions or groups. These high-quality books with heavy paper stock will last and last. One of a six volume series.

Topics Covered:
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· Body Image
· Communication
· Conflict Resolution
· Coping Skills
· Creative Expression
· Feedback
· Healthy Living
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· Relationships
· Roles
· Self-Awareness
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