

# Life Skills for Young Adults

## a FREE online course

### OVERVIEW

Young adulthood is full of big transitions; whether that's transitioning friend groups, going to college, or starting in the workforce. Botvin Lifeskills is a program for young adults (age 18-28) taught by young adults designed to provide the skills to work through life transitions, promote positive mental health, and professional and personal development.

### WHAT YOU WILL LEARN

- Time and financial management skills
- Skills to manage stress
- Tips for effective communication

### BENEFITS

Provides skills to help you reduce stress, feel confident in making decisions, and develop positive coping methods.

### WHO CAN TAKE THE COURSE

Anyone aged 18-28 living or studying in New Hampshire can participate!

### WHEN

**Wednesdays, 6-7:30 pm**

Nov. 13: Time & money

Nov. 20: Stress

Dec. 4th: Communication

### REGISTER HERE



<https://tinyurl.com/35cswzrz>

### QUESTIONS?

Reach out to us at  
[nhyoungadults603@gmail.com](mailto:nhyoungadults603@gmail.com)

### WHAT IS THE YOUNG ADULT ADVISORY COUNCIL?

A group of volunteers aged 17-26 from across NH working towards finding solutions to various issues facing young adults. The group focuses on mental health, substance misuse, and suicide prevention initiatives.

