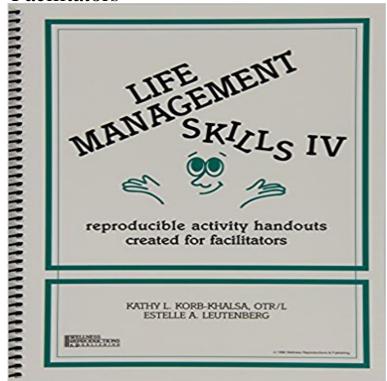
Life Management Skills IV: Reproducible Activity Handouts Created for Facilitators



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. communication, coping with serious mental illness, responsibility, self-esteem, values) 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: Activities of Daily Living Combatting Stigma Communication Coping with Serious Mental Illness Home Management Humor Job Readiness **Journalizing Parenting** Relationships Leisure Responsibility Self-Esteem Sexual Health Social Skills Stress Management Suicide Issues Values **PLUS NINE** SUPPLEMENTAL PAGES

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