

# Are you facing a big change in your life?

Join us for a FREE online Lifeskills Training 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 16-27) 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

- Goal setting for success
- Effective communication
- Skills to manage stress
- Decision-making skills
- Assessing the risk of a decision
- Time and financial management
- Relationship building skills
- Fostering healthy relationships

## BENEFITS

Provides skills to help you reduce stress, feel confident in making decisions, and develop positive coping methods. Upon completion, you will receive a certificate to add to your resume or share widely with your networks and on LinkedIn to demonstrate the skills gained throughout the course.

## WHO CAN TAKE THE COURSE

Anyone aged 16-27 living or studying in New Hampshire can participate!

## WHEN

Part 1: Monday, July 15th, 2024

Part 2: Monday, July 22nd, 2024

Part 3: Monday, July 29th, 2024

Time: 6 to 8:30pm

## REGISTER HERE



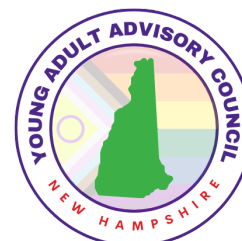
<https://tinyurl.com/35cswzzr>

## 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.



[nhyoungadults603@gmail.com](mailto:nhyoungadults603@gmail.com)



NH Young Adult Advisory Council



[@nhyoungadults603](https://www.instagram.com/nhyoungadults603)