



CENTER FOR DEVELOPING MINDS

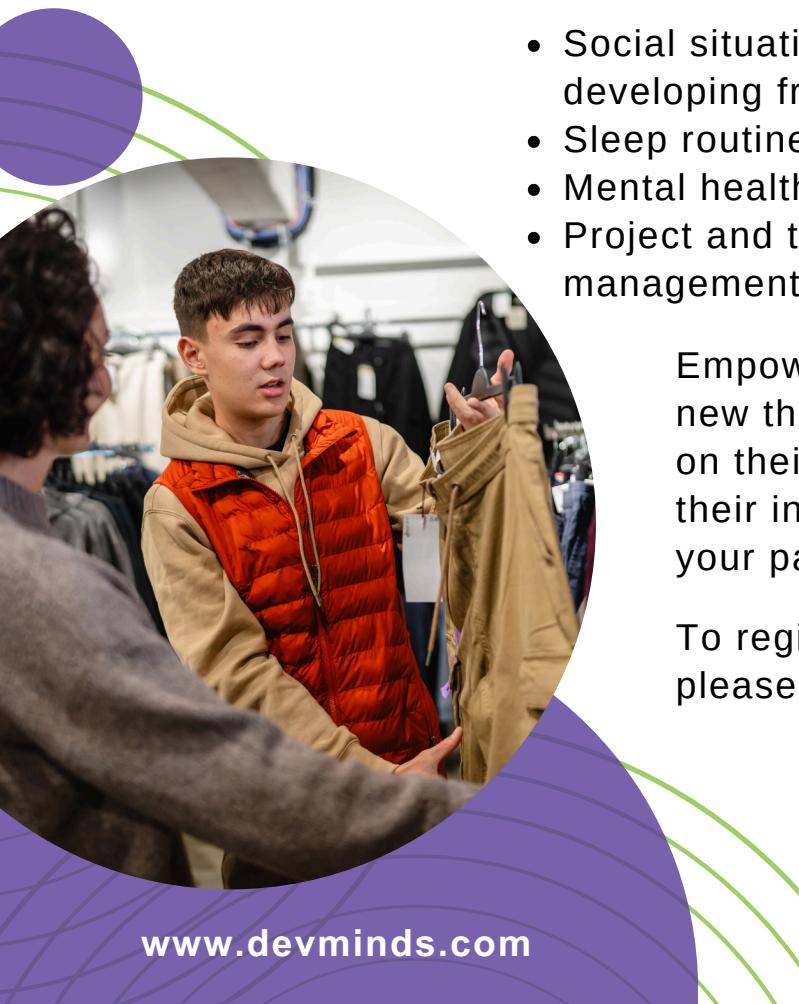
LEARN & PRACTICE FUNCTIONAL LIFE SKILLS

**Work with a specialized occupational therapist
to become proficient on everyday tasks.**

If your teen or young adult is struggling to handle various skills needed to be self-sufficient at daily living activities, consider partnering with our OT/life skills coach. Through activity-based individual and group services, she assists ages 14-30, while collaborating with families, schools and community support systems.

Each session is individually designed to build and strengthen the skills your teen/young adult needs to improve. They will learn and practice strategies to build core competencies for self-awareness, purpose, and capabilities for self, home and community, including:

- Social situations and developing friendships
- Sleep routines
- Mental health care
- Project and time management
- Self-regulation
- Organizing materials for work and school
- Good personal hygiene
- Participation in extracurricular activities



Empower your teen/young adult to attempt new things by providing a safe place to work on their skills. You will see improvements in their insight and confidence, while reducing your parental frustrations and concerns.

To register and for more information, please contact the clinic at 408.358.1853.

Lead Instructor:
Michelle Burlyga, OTR/L
Occupational Therapist
Functional Life Skills Coach