



INDEPENDENCE IN THE REAL WORLD

LEARN LIFE SKILLS WHILE MAKING FRIENDS

Program Description

Independence in the Real World (IRW) is a club for those who want to improve their independence skills to become less dependent on parents, guardians, and others while also making friends and learning social skills.

Life skills taught in this program are basic and are skills needed to create more in-depth learning situations in each of the subject categories. Each participant will create individualized goals and a plan for furthering their independence throughout the duration of this program. This program lays the foundation for more specific Independence programs available through the iCan House.

Topics

- Benefits of Independence- what does it mean
- Personal Responsibility & Organizational Skills
- Understanding the Work World
- Maintaining Your Living Space
- Basic Finances
- Personal Health and Nutrition
- Safety and Being Prepared
- Transportation and Scheduling
- Forming and Maintaining Positive Relationships
- Moving Forward with YOUR Independence Plan

Location & Time

Wednesdays 4:30 - 6:30 pm

Program is HYBRID with option to participate virtually and/or in-person at

Goodwill of NW NC
2701 University Pkwy
Winston Salem, NC 27105

Plus 1 social event per month
in the community

Who Should Attend

Neurodiverse young adults seeking to become more independent and decrease relying on parents, guardians, and others.
No diagnosis required to participate.

How to Join

Application process begins with an email then a phone call. Next, we'll set a time to meet virtually, gather paperwork, then discuss next steps.

COVID Update: Programs are offered virtually and in-person. During in-person gatherings, masks are required and physical distancing is maintained. Masks may be removed while eating.

For Questions

Contact Melissa Waden at 336-317-0530 or melissa@icanhouse.org