

L.A. Family Housing Life Skills Curriculum

The life skills curriculum at L.A. Family Housing strengthens a client's transition out of homelessness by providing the knowledge and tools necessary to independently succeed in permanent affordable housing. Classes contain critical information clients need to **make healthy choices** in their lives and **reduce risk factors** that lead to housing instability.

LAFH teaches practical life skills lessons that 1) improve self-esteem, 2) empower clients to reach their highest potential, and 3) increase the likelihood of long-term residential stability. Life skills training and education occurs at each of LAFH's three shelters, and includes the following:

Personal Care

- hygiene
- nutrition
- accessing community resources
- setting goals

Financial Literacy

- budgeting / money management
- credit repair

Interpersonal Communication

- conflict resolution
- appropriate self-disclosure
- healthy boundaries

Employment

- interview skills
- appropriate workplace behavior
- importance of grooming / work attire

Housing

- household management
- how to be a good tenant and neighbor
- tenant rights and responsibilities

Parenting

- healthy communication
- discipline
- building self esteem
- encouraging positive choices