



HARBOR
HOUSE

Love Hope Empowerment

JOIN US AT HARBOR HOUSE!

TEEN LIFE SKILLS PROGRAM

The Harbor House Teen Life Skills Program is held weekly and is designed to offer teenagers of all abilities aged 13 to 19 a safe place to learn and adapt to everyday life skills.

These skills include time management, planning, problem-solving, flexibility, organization, attentional control, impulse and emotional control, and working memory. These skills are gained by participating in fun activities and group outings that promote a supportive and inclusive community.

The program costs can be covered by the Michelle P. Waiver.

WEDNESDAYS 4:00 PM - 7:00 PM

 **Office: 502-719-0072 Ext: 550**

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