



Business of Living

Program overview

Everyone needs to manage their lives in some way. The business of living course helps participants to manage money, utilities, health care and housing. This class will give participants tools to make choices and manage their lives.

Program highlights

Participants will learn how to:

- **Take care of business** – How to open a bank account, get photo ID and hook up or cancel utilities.
- **Manage money** – How to determine whether it's something you need or want, how to create a realistic spending plan and identify spending patterns.
- **Manage safe and affordable housing** – Learn what are your rights and responsibilities, housing checklist and resources.
- **Manage your health** – How to find the right doctor, manage the impacts of disability and learn about prevention rather than living in crisis.
- **Buy good food for good prices** – How to look for best buys, plan a menu, make nutritious meals.

Eligibility requirements

Self-management skills necessary for regular attendance

Program dates/times/location

Tuesday, September 24 to October 10, 2019

Tuesday, Wednesday and Thursday Afternoons from 1:30 – 4:30

South Saskatchewan Independent Living Centre (SSILC)

2220 Albert Street, Regina, SK

How to apply

Contact Holly Donohoe at 306 757-7452 ext. 226 or holly@ssilc.ca for registration into the program

For more information, contact

Masudul Khan at 306-757-7452 ext. 230 or masudul@ssilc.ca