



## G.R.O.W. in Gimli Program

### Life Skills Goals

Each participant will have the opportunity to identify 3-4 life skills goals to work on in a two week time period. Some examples include:

#### 1. Home Management

- Cooking: planning meals, operating appliances, preparing meals
- Grocery shopping: making a list, making healthy choices, navigating the grocery store
- Cleaning: making the bed, vacuuming, dusting, washing dishes
- Laundry: sorting, operating machines, folding
- Personal grooming: shaving, brushing teeth, washing hair

#### 2. Recreation

- Planning leisure activities, sportsmanship, cooperation

#### 3. Socialization

- Interpreting body language, setting boundaries, dealing with conflict

Please review and discuss possible goals prior to meeting with a G.R.O.W. representative to assist the process.