



# Life Management Skills IV: Reproducible Activity Handouts Created for Facilitators

*Kathy L Korb-Khalsa; Estelle A. Leutenberg, Estelle A. Leutenberg, Amy L. Leutenberg*

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Created for anyone addressing mental wellness and life-skills education, this reproducible activity book will save you time and money by reducing preparation time. Covering a wide variety of topics, (e.g. communication, coping with serious mental illness, responsibility, self-esteem, values) you will use this activity book as a primary focus for individual sessions and groups. Two suggested activities are included for each handout. The engaging graphics and illustrations provide an important visual aid in one-to-one sessions or groups. These high-quality books with heavy paper stock will last and last. One of a six volume series.

Topics Covered:

- Activities of Daily Living
- Combatting Stigma
- Communication
- Coping with Serious Mental Illness
- Home Management
- Humor
- Job Readiness
- Journalizing
- Leisure
- Parenting
- Relationships
- Responsibility
- Self-Esteem
- Sexual Health
- Social Skills
- Stress Management
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