



YOU-TURN PROJECT INC.

# YOU-TURN PROJECT

*Your Road to Self-Sufficiency*

Since 2001, the mission of You-Turn Project is to provide comprehensive daily living skills instruction and support services for individuals preparing to live independently. We offer YOUTH & ADULT PROGRAMS in CPR/First Aid, Employment Preparation, Financial Planning, Communication, Time Management, Parenting Education, Individual / Group Therapy, Anger Management & more. You-Turn Project classes are offered 7-days-a-week. Join over 5,000 students that have completed our life skills program. Enroll Today!

## Call Today 310.644.9500 ext. 711

### Employment Preparation

YTP Assessment: Are you ready to enter the workforce?  
Time Management  
Resume Writing  
First Impression / Dress for Success  
Interview Skills  
Ethics  
Working with Difficult People  
Cultural Sensitivity

### Parenting Education

Positive Parenting  
Bonding / Child Development  
Setting Boundaries  
Appropriate Discipline  
Nutrition/ Meal Planning on a Budget

### CPR/ First Aid Certifications

American Heart Association  
American Red Cross  
American Safety and Health Institute  
CPR/ First Aid/ AED / BLS / ACLS /  
PALS / NRP / EKG/ Pharmacology

### Financial Planning

Credit  
Budgeting  
Banking  
Decision Making

### Effective Communication

Relating to Others  
Workplace Etiquette  
Dining / Social Etiquette  
Grammar / Sentence Structure

### Personal and Family Wellness

Personal Care / Safety  
Disaster Preparedness  
Consumer Education  
Household Cleaners vs. "Green"  
Alternatives

### Support Groups

Parenting / Changing Your Child's Behavior  
Anger Management  
Stress Management  
Recession Support Group

# www.YouTurnProject.org