



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

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

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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 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:

Abuse,  
Coping Skills,  
Aging,  
Grief,  
Interpersonal Skills,  
Leisure,  
Making Changes,  
Medication Management,  
Parenting,  
Positive Attitide,  
Recovery,  
Relationships,  
Self-Esteem,  
Self-Expression,  
Supports,

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