

FAB Topics by Month 2024/25



July – Community Relationships	Recreation, Volunteering, and Community Outreach
August – Budgeting, Money Management	Able Accounts, Techniques to apply that help you pay your bills Budgeting your money
September – Voting	Staying informed in your community, Voting literacy (understanding how to vote); Current events, world events Social political consciousness, Presidential election year!
October – Relaxation	Music, Think about your senses Food and drink that relax you, Meditation
November – Building Healthy Relationships	How do you know when it is real love? Anti-bullying awareness or Stopping aggressive behavior, Relationship resolution conflict To have a good friend you need to be a good friend
December – Emergency Preparedness	Fire safety, Safety/Education surrounding utilizing any weapons Roadside preparations, Emergency contact (safe person)
January – Aging	The best way to be independent What are good healthy supports to put in place as you age? Activities, Be aware of eligibility in terms of benefits
February – Public Safety/Transportation	Food and drug safety Safety tips when you are out walking
March – Rights and Diversity	Diversity in the workplace and everywhere we go Disability history; ADA
April – Self-Determination, Self-Advocacy and Self-Direction	How to start my own business What techniques to use to Be my own Best Self What is a good leader? What are characteristics of a good leader?
May – Physical and Mental Health	Learning about what safe sex is Techniques to use to maintain good mental health How exercise can help you both physically and emotionally Going to the doctor regularly
June – Quality of Life	Moving to where you want to live Getting a driver's license Having a career instead of a job