

**L. Knowledge of Community Resources**

**Advanced**

Knows whom to contact if utilities are disconnected or power goes out	<i>Specific to client's neighborhood</i>
Knows where the nearest state employment office is located	KCR-2 KCR-4
Can obtain a copy of their birth certificate and duplicate copy of their social security card	KCR-4
Has an awareness of "specialized" services: mental health care, Department of Social Services, credit counseling, Planned Parenthood, student aid offices, tenant groups, animal control, public recreation, etc.	<i>Specific to client's neighborhood</i> KCR-2, 3, 4 KCR-6 H-111-115
Knows who elected representatives are and how to contact them	<i>Specific to client's neighborhood</i> KCR-7, 8 KCR-9-14
Knows what the Better Business Bureau does and how to contact it	KCR-15, 16, 17

Independent Living Skills Module IV

Community Resources

Everyone at one time or another will need to turn to a community agency or organization for information or assistance. When the need arises for you, knowing where to turn for help can make the process of finding the answer to your question or solution to your problem so much easier.

*How familiar are you with the community resources available in your area? To find out, try answering the following questions.*

1. Jim, a friend of yours who dropped out of school two years ago, has recently lost his job as a gas station attendant. The owners sold the station to another oil company that plans to convert it into a self service station. Jim has been job hunting but hasn't found a position he's qualified for or interested in. He knows that he wants a better job than the one he had at the gas station but isn't sure what type of jobs are available. He might even be interested in a training program that would help him get his GED and possibly learn some new job skills. He has asked you for some advice. *What agencies would you suggest he contact for some help?*

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2. Diane is afraid that she might be pregnant and doesn't know what to do. She doesn't want anyone to know, not her friends or parents, not even her boyfriend, no one except you. You're the only one she has confided in and now she's asking for your advice. *Where should she go to find out if she is pregnant? Is there a clinic that offers free or low cost pregnancy testing? Who can she talk to confidentially about some of the decisions she has to make if she is pregnant? Do you know?*

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3. You and your friends are a little worried about Luis. He just doesn't seem like the same guy these days. He has been missing a lot of school lately and rarely shoots baskets after school with you and his other friends like before. Luis even looks different; his clothes look rumpled, and he has gained quite a bit of weight. His usual sense of humor is gone, too. He seems pretty down. Yesterday Luis surprised you by asking if you knew of a place where he could talk confidentially to somebody about how he's feeling. *Do you know what agency(s) to recommend?*

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Independent Living Skills Module IV

4. Juan and Chris thought they had found the apartment they had been looking for when they read the ad in the newspaper. The rent was reasonable; it had two large bedrooms and a great location on the bus line, as well as a washer and dryer in the basement. They called the landlord, and scheduled an appointment to see the apartment that afternoon. When they met the landlord, he asked them how old they were and then told them that the apartment was already rented. A few days later Juan and Chris were in the same neighborhood looking at another apartment. They walked past that first apartment and saw a "For Rent" sign in the window. They're wondering now if they were the victims of housing discrimination. *Do you know of any agencies that might be able to help them?*

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5. Your friend, Tyrone, is gay. Last night he was attacked by a neighborhood group who called him names, beat him with clubs, and left him bleeding in a nearby alleyway. He has called you this morning, and although he may be able to recognize his attackers, he's afraid to call the police. *Do you know of any agencies or organizations to help him?*

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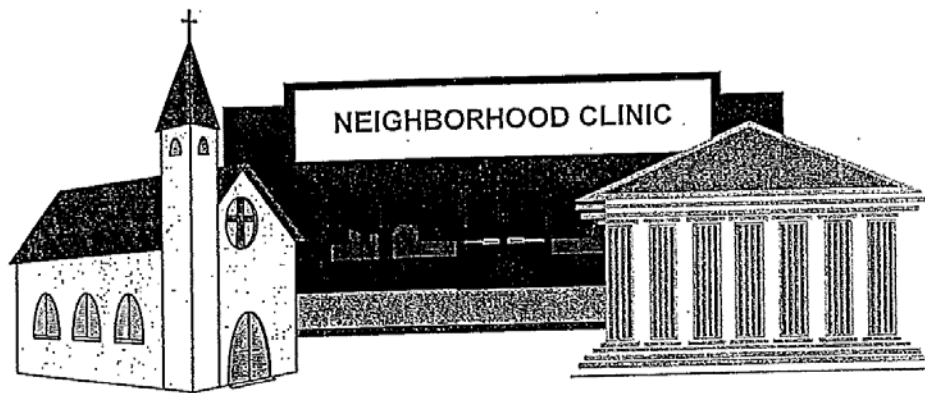
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6. You and several friends at school talked the other day about religion, God, and spirituality. Each of you had varying ideas about these topics. You've been thinking that you'd like to begin attending a religious organization but are unsure of which organizations you'd be interested in. *Do you know how to find out about groups, churches, etc.?*

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Independent Living Skills Module IV



**ACTIVITY**

Research the following resources within your community and write the addresses and telephone numbers in the chart below.

Resource	Address	Telephone Number
Unemployment Office		
Social Security Office		
City/Town Hall		
Library		
Post Office		
Nearest Hospital/Clinic		
Free/Sliding Fee Medical Services		
Counseling/Mental Health Services		
Food Bank / Free Clothing		
Free/Sliding Fee Legal Help		
YMCA		
Community Action		

**Knowledge of Community Resources KCR-6**

**Community Resources Listing**

Resource	Phone Number
Adult Literacy Hotline	800-447-8844
AIDS Hotline (English)	800-342-2437
AIDS Hotline Spanish	800-344-7432
AIDS Teen Line	800-234-8336
Alcohol Hotline	800-ALCOHOL
Ask- A- Nurse	800-544-2424
Battered Women's Hotline	800-899-4000
Career Learning Line	800-442-1171
Drug Abuser Anonymous	800-274-2042
Drug and Alcohol Hotline	800-327-5050
Hunger Hotline	800-645-8333
Narcotics House	800-234-0420
Planned Parenthood	800-682-9218
Samarateens	800-252-8336
Smokenders	800-828-4357
Teen Alcoholism Hotline	800-252-6465
Youth Crisis Helpline	800-448-4663
Youth Only AIDS Line ("YO Line")	800-788-1234

*Developed from PAYA Independent Living Skills Module IV p. 71*

**Norwich, CT Listing**

Alcoholics Anonymous	860-885- 6151 (local) 1-866-STEPS12 (1-866-783-7712)
Backus Hospital	860-889-8331 (911 for emergency)
Connecticut Department of Education	860-713-6543
Health Department- Uncas Health District	(860) 823-1189
Human Resources	(860) 823-3726
Human Services	(860) 823-3778
Norwich Animal Control	860-887-1414
Norwich Public Schools	860-823-4200
Norwich Public Utilities	860-887-2555
Norwich Recreation Department	(860) 823-3791
Southeastern Mental Health Authority (SMHA)	860) 859-4500
Youth and Family Services (Norwich)	860-823-3782

KCR-6

# Norwich, CT Elected Representatives

Last Name	First Name	Job Title	Phone
Dolliver	Abby	Superintendent	(860) 823-3200
Barnowski	Leon	LAN Supervisor	(860) 859-4404
Block	Bill	Purchasing Agent	(860) 823-3706
Curtin	Brian	Treasurer	(860) 823-3740
Davis	Peter	Planning & Development Director	(860) 823-3767
Vacant		Recreation Director	(860) 823-3792
DesSureault	Donna	Retirement Plan Administrator	(860) 823-3725
Driscoll	Michael	Attorney	(860) 889-3321
Ellison	Barry	Public Works Director	(860) 823-3798
Fusaro	Louis	Chief of Police	(860) 886-5561
Goulet	Beverly	Director of Social Services	(860) 823-3781
Nystrom	Peter	Mayor	(860) 823-3743
Madeira	Anthony	Accountant	(860) 823-3717
Marks	Brigid	Human Resources Director	(860) 823-3786
Martin	Ed	Blight Enforcement Officer	(860) 823-3762
McCormack	Patrick	Director of Health	(860) 823-1189

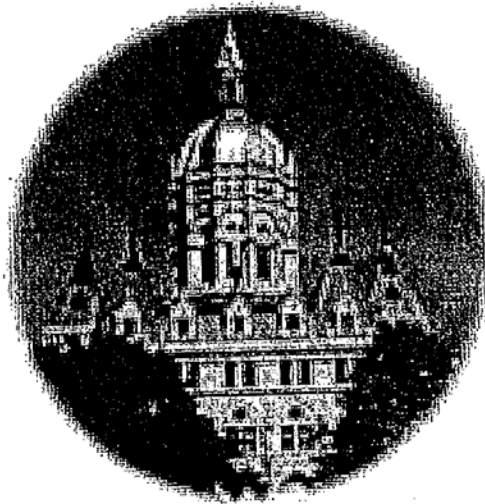
KCR-7

Knowledge of Community Resources KCR-8

Mocek	Warren	Deputy Chief	(860) 886-5561
Nagel	Athens	Norwich Public Schools Business Manager	(860) 823-4242
Pothier	Joshua	Deputy Comptroller	(860) 823-3720
Ralston	Donna	Assessor	(860) 823-3722
Ruffo	Joseph	Comptroller	(860) 823-3730
Scandariato	Ken	Fire Chief	(860) 892-6080
Sharkey	Wayne	Rehabilitation Specialist	(860) 823-3770
Troeger	James	Building Inspector	(860) 823-3745
Wolak	Michael	Senior Center Director	(860) 889-5611
Wood	Carol	Assistant Assessor	(860) 823-3838

KCR-8

**THIS IS YOUR  
GENERAL ASSEMBLY**



JOINT COMMITTEE ON LEGISLATIVE MANAGEMENT  
LEGISLATIVE COMMISSIONERS' OFFICE  
CONNECTICUT GENERAL ASSEMBLY

2011-2012

KCR-9



<p><b>THE SENATE</b></p> <p><b>OFFICERS</b></p> <p><b>President:</b> Nancy Wyman (D) By virtue of her office as lieutenant governor, presides over Senate; gives the casting vote if Senate is equally divided.</p> <p><b>President Pro Tempore:</b> Donald E. Williams, Jr. (D) Elected by Senate; presides over Senate in absence of lieutenant governor; appoints Senate chairmen and committee members.</p> <p><b>Majority Leader:</b> Marlin M. Looney (D) Elected by majority party members of Senate. In conjunction with the president pro tempore, manages the order of Senate business.</p> <p><b>Minority Leader:</b> John McKinney (R) Elected by minority party members of Senate. Nominates committee members and designates committee ranking members.</p>
<p><b>THE HOUSE</b></p> <p><b>OFFICERS</b></p> <p><b>Speaker:</b> Christopher G. Donovan (D) Elected by House of Representatives; presides over House; appoints House chairmen and committee members.</p> <p><b>Majority Leader:</b> J. Brendan Sharkey (D) Elected by majority party members of House. In conjunction with the speaker, manages the order of House business.</p> <p><b>Republican Leader:</b> Lawrence F. Cafero, Jr. (R) Elected by minority party members of the House. Nominates minority committee members and designates committee ranking members.</p>

**MAJORITY AND MINORITY LEADERS**

Majority and minority leaders preside over party caucuses, direct party strategy, assemble party members for important votes, serve as party spokesmen and serve as ex-officio members of all committees.

**ORGANIZATIONS AND PROCEDURES**

At the beginning of each session, the Senate and House adopt separate rules for conducting business and joint rules governing committees and procedures for introducing and reporting bills. The General Assembly holds joint conventions to receive the governor's state of the state, budget, and adjournment messages; and conduct other necessary business.

KCR-10

## COMMITTEES

All committees of the General Assembly are joint committees composed of both senators and representatives. For 2011-2012, there are 27 committees, 25 of which draft, review and report bills and resolutions. Three committees (Internship, Program Review and Investigations, and Regulation Review) have equal numbers of members from each political party and special responsibilities. Select committees consider particular issues and must report legislation to standing committees rather than directly to the House of Representatives or Senate. Committees function regardless of whether the General Assembly is in session. Most occupy offices and use hearing rooms in the Legislative Office Building (LOB). The committees, their chairmen, and office locations are:

**Aging:** Chairs, Sen. Prague & Rep. Serra, Ranking Members, Sen. Kelly & Rep. Frey, Capitol Room 011

**Appropriations:** Chairs, Sen. Harp & Rep. Walker, Ranking Members, Sen. Kana & Rep. Miner, Room 2700

**Banks:** Chairs, Sen. Duff & Rep. Tong, Ranking Members, Sen. Frantz & Rep. Alberts, Room 2400

**Children (Select):** Chairs, Sen. Gerratana & Rep. Urban, Ranking Members, Sen. Suzio & Rep. Wood, Capitol Room 011

**Commerce:** Chairs, Sen. LeBeau & Rep. Berger, Ranking Members, Sen. Frantz & Rep. Camillo, Capitol Room 110

**Education:** Chairs, Sen. Stillman & Rep. Fleischmann, Ranking Members, Sen. Boucher & Rep. Giuliano, Room 3100

**Energy and Technology:** Chairs, Sen. Fonfara & Rep. Nardello, Ranking Members, Sen. Witkos & Rep. Hoydick, Room 3900

**Environment:** Chairs, Sen. Meyer & Rep. Roy, Ranking Members, Sen. Roraback & Rep. Chapin, Room 3200

**Executive & Legislative Nominations:** Chairs, Sen. Looney & Rep. Janowski, Ranking Members, Sen. Fasano & Rep. Piscopo, Room 1000

**Finance, Revenue & Bonding:** Chairs, Sen. Daily & Rep. Widlitz, Ranking Members, Sen. Roraback & Rep. Williams, Room 3700

**General Law:** Chairs, Sen. Doyle & Rep. Taborsak, Ranking Members, Sen. Witkos & Rep. Rebimbas, Room 3500

**Government Administration & Elections:** Chairs, Sen. Slossberg & Rep. Morin, Ranking Members, Sen. McLachlan & Rep. Hwang, Room 2200

**Higher Education and Employment Advancement:** Chairs, Sen. Bye & Rep. Willis, Ranking Members, Sen. Boucher & Rep. LeGeyt, Room 1800

**Housing:** Chairs, Sen. Gomes & Rep. Butler, Ranking Members, Sen. McKinney & Rep. Patricia Miller, Room 2700

**Human Services:** Chairs, Sen. Musto & Rep. Tercyak, Ranking Members, Sen. Markley & Rep. Gibbons, Room 2000

**Insurance and Real Estate:** Chairs, Sen. Crisco & Rep. Megna, Ranking Members, Sen. Kelly & Rep. Coulu, Room 2800

**Internship:** Chairs, Sen. Witkos & Rep. Flexer, Ranking Members, Sen. Crisco & Rep. Giegler, Room 5150



## Knowledge of Community Resources KCR-12

**Judiciary:** Chairs, Sen. Coleman & Rep. Fox,  
Ranking Members, Sen. Kissel & Rep. Hetherington, Room 2500

**Labor and Public Employees:** Chairs, Sen. Prague & Rep. Zalaski,  
Ranking Members, Sen. Guglielmo & Rep. Rigby, Room 3800

**Legislative Management:** Chairs, Sen. Williams & Rep. Donovan,  
Ranking Members, Sen. McKinney & Rep. Cafero, Room 5100

**Planning & Development:** Chairs, Sen. Cassano & Rep. Gentile,  
Ranking Members, Sen. Fasano & Rep. Aman, Room 2100

**Program Review & Investigations:** Chairs, Sen. Fonfara & Rep. Rowe,  
Ranking Members, Sen. Kissel & Rep. Mushinsky, Capitol Room 506

**Public Health:** Chairs, Sen. Gerafana & Rep. Ritter,  
Ranking Members, Sen. Welch & Rep. Perillo, Room 3000

**Public Safety and Security:** Chairs, Sen. Hartley & Rep. Dargan,  
Ranking Members, Sen. Guglielmo & Rep. Giegler, Room 3600

**Regulation Review:** Chairs, Sen. Roraback & Rep. O'Brien,  
Ranking Members, Sen. Musto & Rep. O'Neill, Capitol Room 011

**Transportation Committee:** Chairs, Sen. Maynard & Rep. Guerrero,  
Ranking Members, Sen. Boucher & Rep. Scribner, Room 2300

**Veterans' Affairs (Select):** Chairs, Sen. Leone & Rep. Hennessy,  
Ranking Members, Sen. Welch & Rep. Adinolfi, Capitol Room 509A

### SESSIONAL COMMITTEE MEETING SCHEDULE

The Standing Committees are divided into two groups, "A" and "B". From the start of the session, committees may meet on any day through January 12 in 2011 and February 10 in 2012. From January 13 in 2011, and February 14 in 2012, and continuing until the reporting out date as provided in the Joint Rules, the following "A" committees may meet only on *Mondays, Wednesdays, and Fridays*: Education; Environment; Government Administration and Elections; Judiciary; Planning and Development; Public Health; and Transportation; the following "B" committees may meet only on *Tuesdays and Thursdays*: Aging, Banks, Commerce, Energy and Technology, General Law, Higher Education and Employment Advancement, Housing, Human Services, Insurance and Real Estate, Labor and Public Employees, and Public Safety and Security; and the following select committees may meet only on *Tuesdays and Thursdays*: Children, and Veterans' Affairs. The "A" committees, Appropriations; and Finance, Revenue and Bonding; and the Statutory Committees, Executive and Legislative Nominations; Legislative Management; Program Review and Investigations; and Regulation Review, may meet on any weekday. \*Notwithstanding the meeting restriction, prior to these dates, the Judiciary Committee may meet on any weekday after March 30 in 2011, and after March 19 in 2012. The Speaker of the House of Representatives and President Pro Tempore of the Senate or their designees may grant special exceptions to these rules. Committees may meet on any day during the interim between the 2011 and 2012 regular sessions and after the 2012 regular session.

**ELECTED OFFICIALS – 2011-2012**

Dannel P. Malloy	Governor
Nancy Wyman	Lieutenant Governor
Denise Merrill	Secretary of the State
Denise L. Nappier	Treasurer
Kevin Lembo	Comptroller
George C. Jepsen	Attorney General

**KEEP IN TOUCH WITH YOUR REPRESENTATIVES**

<b>STATEWIDE OFFICIAL</b>	
Envelope:	His Excellency, The Honorable Dannel P. Malloy, State of Connecticut Executive Chambers, The Capitol Hartford, Connecticut 06106-1591
Salutation:	Dear Governor Malloy:
<b>STATE SENATOR (District No. ....)</b>	
Envelope:	The Honorable ..... State Senate Legislative Office Building Hartford, Connecticut 06106-1591
Salutation:	Dear Senator ..... or Dear Sir/Madam:
<b>STATE REPRESENTATIVE (District No. ....)</b>	
Envelope:	The Honorable ..... State House of Representatives Legislative Office Building Hartford, Connecticut 06106-1591
Salutation:	Dear Representative ..... or Dear Sir/Madam:

KCR-13

**VISITOR INFORMATION**

Legislative sessions are held at the Capitol Building in Hartford. The public gallery of the House may be reached by stairways from the 3rd floor; the Senate galleries open onto the 4th floor. Committee meeting and public hearing rooms are located in the adjoining Legislative Office Building. Limited parking is available in the LOB garage off Broad St. and Capitol Avenue. Additional parking information can be found on the website [www.cga.ct.gov](http://www.cga.ct.gov)

**CAPITOL INFORMATION AND TOURS**

Capitol Information and Tours, operated by the League of Women Voters of Connecticut Education Fund, Inc., has two locations: Room 101 in the Capitol and first floor, west entrance of the Legislative Office Building. Free one-hour guided tours are available. The League can be reached at (860) 240-0222.

A Legislative Information Center, operated by the House Clerk's Office, is located in the Capitol basement, Vault 5. It may be reached by calling (860) 240-0555.

The Connecticut State Library has a bill information retrieval service with the status of current bills, and historical and governmental reference materials; for both legislators and the general public. Contact:

Reference Librarian  
State Library,  
231 Capitol Avenue  
Hartford, CT 06106

or by telephone at:

Bill Status Information: (860) 757-6550  
Legislative Reference Service: (860) 757-6590

## Connecticut Better Business Bureau

Founded in 1928, Connecticut Better Business Bureau is an independent non-profit, non-governmental organization established by businesses within our community.

Our mission is to promote and foster the highest ethical relationship between businesses and the public through voluntary self-regulation, consumer education and excellence in service.

BBB offers objective advice and a wide range of education tools on topics affecting marketplace trust. Better Business Bureau also offers complaint and dispute resolution support for consumers and businesses.

BBB works to correct abuses and serve the best interests of the consuming public and legitimate businesses. As a matter of policy, Better Business Bureau does not endorse or recommend any product, service, or company.

Connecticut Better Business Bureau is governed by a local Board of Directors, whose function is to oversee operations and activities in accordance with the guidelines set forth by the Council of Better Business Bureaus. There are 120 Bureaus in the United States and Canada.

### What We Do

#### Company Business Reviews:

Businesses and consumers turn to Better Business Bureau for pre-purchase information on companies with which they are considering doing business.

Business Reviews on Connecticut businesses and organizations are available on this website through the "Check out a Business or Charity" page. A Business Review shows how long the company has been in business, its principles, and the products or services the company offers, and provides a rating and summarizes the company's customer experience history.

#### How a company report is developed:

Once BBB receives two or more inquiries about a company, it is sent a business profile to complete and return. Once the company returns the profile, a BBB report is generated. However, if the company does not return the profile, a second request for its completion is sent, with an alert that BBB will be reporting on the company in the next 10 days, and including in its Business Review the statement:

*"BBB has requested basic information from the company. BBB has not received a response and without this information, BBB may not have accurate information concerning such things as the company's management or its nature of business."*

A report also will be developed if BBB receives a complaint on a company or is made aware of a government legal action. Reports summarize information contained in our files and reflect the company's customer experience history. The reports indicate whether the company responds to customer complaints to BBB or if they ignore them.

If we receive a series of complaints alleging the same problem, the underlying pattern of complaints will be described in the report. If there is a government legal action that includes allegations which could affect a consumer's decision to do business with that company, information about the legal action also would be included.

#### Pre-screened Directory of Connecticut BBB Accredited Businesses:

In order to be eligible for BBB accreditation, a company must demonstrate a commitment to high standards of conduct and integrity, have no unanswered complaints or pattern of complaints, be licensed and/or registered as required by law, and meet and maintain rigorous BBB Accreditation Standards. Visit the BBB Accredited Business Directory to find a business you can trust.

KCR-15

**BBBOnLine Business Program:**

This program provides web visitors the means to identify reliable and trustworthy online businesses when on a company's website.

The BBBOnLine Reliability Seal identifies BBB Accredited Businesses that meet and maintain participation requirements. A BBB OnLine seal that appears on the company website clicks through to a verification page that will confirm participation and provide the company's marketplace Business Review. More information about the BBBOnLine Business Program is available in the "For Businesses" section of our website.

**Dispute Resolution:**

If you have a problem with a company located in Connecticut BBB's service area and you have been unable to resolve it with the company, we can try to assist you. BBB handles complaints filed against all Connecticut companies. You can submit a complaint online using our complaint form or by telephone, at 203-269-2700.

Consumers should note that BBB is unable to compel a company to respond to a customer complaint. We are a private not-for-profit organization, not a government or law enforcement agency. BBB acts as an impartial third party to try to assist both the consumer and business at no cost, in order to resolve the complaint outside of the legal system.

BBB offers dispute resolution for many companies in the form of conciliation, mediation and arbitration. If a consumer/business dispute cannot be resolved informally with assistance from BBB's complaint staff or through face-to-face mediation, the case may be referred to binding arbitration. BBB maintains a roster of trained volunteer arbitrators who hear the arguments of both parties at a meeting conducted at Connecticut Better Business Bureau, and then render a legally-binding decision to settle the case.

**Tips, General Advice, and News Releases:**

Connecticut Better Business Bureau develops information on subjects of interest to consumers and on topics that track local marketplace and consumer trends. We post weekly news releases to our website "News Center" in the lower left corner of our home page. Also, staff members are featured speakers at business and community meetings.

**Advertising Review/Investigations:**

Connecticut BBB monitors local print and broadcast advertising. When Better Business Bureau finds any questionable ads, we notify the advertiser and ask for substantiation of its claims or ask them to modify their ads to conform to both legal and ethical business practices. The results of the advertising challenge become a part of the company's Business Review.

In addition, BBB will investigate questionable business practices on matters that may be part of a complaint brought to our attention, or as part of an ad review. These investigations can take months, but often end in educating consumers, helping legitimate business level the playing field, and assisting state government officials in running a scam operation out of the state.

**What we don't do:**

- Draft laws
- Act as a lawyer or interfere with any legal process
- Police work
- Recommend or endorse any product, service or company
- Undertake credit collections or report credit standing
- Accept verbal complaints for action



**Knowledge of Community Resources KCR-17**

**Connecticut Better Business Bureau, Inc.**  
94 South Turnpike Road  
Wallingford, CT 06492

**Phone Inquiries and Complaints Specialists Available:**  
9:00 AM - 2:00 PM EST

**Automated Telephone Assistance Available 24 hours a day**  
Phone: (203) 269-2700 Fax: (203)-269-3124

General Office Hours: 8:30 AM - 4:30 PM EST

Independent Living Skills Module IV

**RECREATION**

Recreational activities are an important part of our lives. They enable us to relax, socialize, and have fun!

What do you like to do during your free time?

As you know, some types of entertainment, like going to the movies, may not be a frequent option -- particularly when you're on a limited budget. But there are numerous recreational opportunities that are free or fairly inexpensive right in your own community.



**ACTIVITY**

Research low cost/free recreational opportunities within your community and list them in the chart below.

Free Activities	Activities With A Small Fee

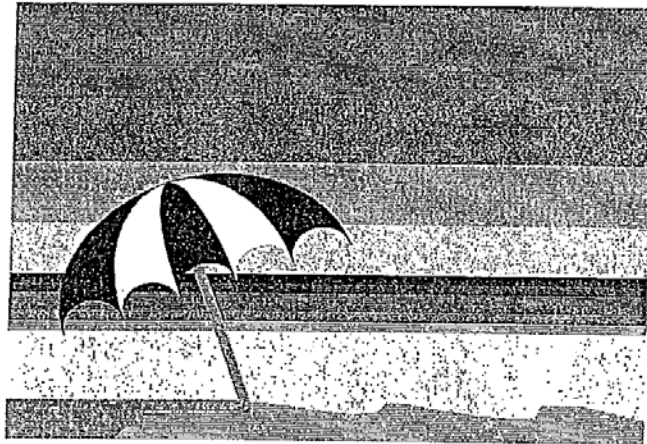
Independent Living Skills Module IV



ACTIVITY

Public libraries often offer free tickets for museums, exhibits, the aquarium, etc., to its members. Find out what tickets are available through your local library.

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Consider the following:

**Darrell:** Free time! There's never enough of it. Between work, school, and all other things I have to do, there doesn't seem to be time enough to do the fun things I really enjoy.

**Sue:** How boring! Another Sunday afternoon with nothing to do. The day just drags by. I'm really tired of this.

Sue and Darrell have different feelings about their free time. Does one of their statements sound like something you might say? It may seem strange, but both Sue and Darrell have a similar problem. They don't take their free time seriously enough to plan it. Therefore, it seems to be passing them by.

Complete the following charts to get a better idea of just how much free time you have and what you're doing now during that time. You can also start planning for those activities you might really have time for! The first schedule has Friday's activities filled in as an example.

Knowledge of Community Resources H-113

Independent Living Skills Module IV

Activity Schedule for the Week of \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 A.M.					Get Ready/Eat		
8:00 A.M.					School		
9:00 A.M.					School		
10:00 A.M.					School		
11:00 A.M.					School		
NOON					Lunch		
1:00 P.M.					School		
2:00 P.M.					School		
3:00 P.M.					Watch TV		
4:00 P.M.					Watch TV		
5:00 P.M.					Watch TV		
6:00 P.M.					Eat Supper		
7:00 P.M.					Work		
8:00 P.M.					Work		
9:00 P.M.					Work		
10:00 P.M.					Hang out with friends		
11:00 P.M.					Go Home		
MIDNIGHT					Sleep		

Knowledge of Community Resources H-114

Independent Living Skills Module IV

Activity Schedule for the Week of \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 A.M.							
8:00 A.M.							
9:00 A.M.							
10:00 A.M.							
11:00 A.M.							
NOON							
1:00 P.M.							
2:00 P.M.							
3:00 P.M.							
4:00 P.M.							
5:00 P.M.							
6:00 P.M.							
7:00 P.M.							
8:00 P.M.							
9:00 P.M.							
10:00 P.M.							
11:00 P.M.							
MIDNIGHT							