



# A Better You

*A series for people who want to learn new skills and information, enhance existing skills, and share their experiences.*

*This series is led by the Parent Support Programs of Kankakee County in collaboration with the Kankakee County Health Department and the Department of Human Services Office.*

Kankakee County Health Department  
1:00pm-3:00pm  
2390 W Station St.  
Kankakee, IL 60901

DHS Office  
10:00am-12:00pm  
285 N Schuyler Ave.  
Kankakee, IL 60901

## DATES AND TOPICS

Each Class will be offered TWICE! Make sure to check the date and the place.

KHD		DHS
2/18	Financial Literacy	2/20
3/17	Interview Skills	3/19
4/21	Resume Building	4/16
5/19	Meditation and Relaxation	5/21
6/16	Vision Boards	6/18
7/21	Applying to College	7/16
8/18	Mental Health	8/20
9/15	Stop Child Abuse	9/17
10/20	Healthy Relationships	10/15

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