



Youth Independence Program Lesson List

Monday – Self

1. Motivation
2. “The Story That is Your Life”
3. Healthy & Unhealthy Relationships
4. A Self-Reliant Mentality
5. Self Confidence
6. Stages of Change
7. STI’s and Contraception
8. Self-Esteem
9. Coping With Stress
10. Self-Respect
11. Substance Abuse and Addiction
12. Nutrition and Healthy Eating

Tuesdays – Social Responsibility

13. Your “online reputation,”
14. Communication Skills
15. Diversity and Acceptance
16. Our Community - History of Old Walkerville
17. Our Community - History of Sandwich Town
18. System Navigation of Community Services
19. Public Etiquette and Respect
20. Our Education System – Continuing Education
21. Debates – Various Topics
22. “What is Social Responsibility?”
23. Conflict Resolution
24. Trust

Wednesday – Life Skills

25. Transportation and the Windsor Transit System
26. Advanced Cooking Skills
27. Yard Maintenance
28. Environmental hygiene
29. Getting a Job
30. Applying for Employment Online
31. Goal Setting
32. Professional Attire
33. Car Maintenance
34. Cybersecurity
35. Taxes
36. Planning a Career and Employment Advancement

Thursdays – Independent Living Skills

37. Organization
38. Meal Planning and Grocery Shopping
39. Accountability and Excuses
40. Finding / Renting a Place to Live
41. Rights and Responsibilities as a Tenant
42. Living With Roommates
43. Scheduling and Time Management
44. Financial Responsibility
45. Budgeting
46. Preventing Loneliness – Living Alone
47. Working With “Do It Yourself” Furniture
48. A Functioning Home

Fridays – Recreation and Leisure

49. Exercise Routine #1
50. Art Gallery of Windsor Tour
51. Ojibway Nature Walk / Point Pelee
52. Exercise Routine #2
53. Assorted Board Games
54. Creative Writing – “Start With a Word”
55. Outdoor Sports
56. Inspiring Canadians
57. Motivational Movies
58. Think Outside the Box
59. Media Literacy
60. Journaling