

LIFE SKILLS! *FREE* Learning Support for Adults in Louisa and Fluvanna

*Pursuing a job? Building your current skills? Needing some basic skills?
We can help you develop skills to thrive in this digital age.*

The LIFE SKILLS! Program provides **volunteer mentors for adult learners** to:

❖ **Develop basic digital technology skills and knowledge:**

- ✓ Use basic technology such as cell phones and personal computers
- ✓ Search and use the internet effectively
- ✓ Develop information literacy skills
- ✓ Use software programs to produce word documents and spreadsheets
- ✓ Learn about web site development

❖ **Prepare for exams such as:**

- ✓ General education development test (GED)
- ✓ Specialized programs like pharmacy technician certification and paraprofessional certification

❖ **Develop skills for critical thinking, problem solving, conflict resolution, basic math and finance and other important areas of success and balance.**

Mentors (aka tutors) work with learners one-on-one and may meet in person (at local libraries and other locations) or virtually by phone or computer.

All guidance is provided by volunteers and custom-tailored to the needs and interests of the learner.

Contact us to learn more or request a mentor/tutor:

540-832-2148

hello@onehumaneworld.org