

BRIGHTON FORWARD



WORTHING AND SHOREHAM

POST 16 - 25 PROVISION FOR SEND YOUNG PEOPLE

LIFE SKILLS LEARNING JOURNEY

- Practical Literacy and Numeracy
- Social, Emotional, Personal Development & Wellbeing
- Communication Skills
- Life Skills

This course is all about helping you become more independent! You'll learn the essential life skills you need to handle everyday things, like self-care, budgeting, cooking, travel training, and making good decisions.

Sessions are designed to boost your confidence and give you the tools to overcome every day obstacles.



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