

# Healthy Community Living



## Living Well in the Community

Living Well in the Community (LWC) is about setting and working on quality of life goals.



## Community Living Skills

Community Living Skills (CLS) is about building independent living skills.



## Facilitating Groups Training

Facilitating Groups Training (FGT) is about fundamental strategies to be a skilled facilitator.

## What is Healthy Community Living (HCL)?

Healthy Community Living (HCL) is a suite of programs that support people with disabilities to live and participate fully in their communities.

The HCL Program provides live trainings to organizations and individuals who want to facilitate curriculum-based workshops with community members with disabilities. The workshops explore how health, wellness, and community participation goals can enhance quality of life. Workshop participants learn skills and receive facilitated support to put their goals into action.

## Free Training Opportunity!

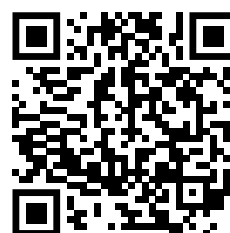
Enter our raffle at the RTC:Rural table to win a promo code for a free training sign up!

## Healthy Community Living Training Now Live!

Our Healthy Community Living program (HCL) has transitioned from asynchronous to live facilitator trainings! This change provides participants with an in-person training experience with our incredible Training Coordinator, Amy Lariviere.

We have training courses on Living Well in the Community, Community Living Skills, and Facilitating Groups scheduled through January. Check out the website to learn more and sign up!

Learn more at [healthycommunityliving.com](http://healthycommunityliving.com)



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