



# **Life Management Skills VI: reproducible activity handouts created for facilitators (Life Management Skills)**

*Amy L. Leutenberg-Brodsky, Estelle A. Leutenberg, Estelle A. Leutenberg, Amy L. Leutenberg-Brodsky,  
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Created for anyone addressing mental wellness and life-skills education, this reproducible activity book will save you time and money by reducing preparation time. Covering a wide variety of topics you will use this activity book as a primary focus for individual sessions and groups. Two suggested activities are included for each handout. The engaging graphics and illustrations provide an important visual aid in one-to-one sessions or groups. These high-quality books with heavy paper stock will last and last. One of a six volume series.

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Expressive Arts,  
Goal Setting,  
Healthy Living,  
Independent Living Skills,  
Interpersonal Skills,  
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