

## Adulting Workshops

A key part of Project Yet is equipping young adults with the life skills they need to be successful, integrated members of our community. We offer monthly in person workshops that are open access and are attended by mentors, friends of Project Yet, and young adults. These dynamic sessions are a way for young adults to learn valuable skills, connect with one another, and feel like they belong to a community.

## Ways to Get Involved and Help

- Sponsor a workshop providing a venue, snacks, or a light lunch.
- Teach a workshop and share your knowledge and expertise.
- Attend a workshop and offer encouragement, wisdom, and support to the young adults attending.
- Help set up and clean up after a workshop.



You will find eager participants at the workshops!

We also have an online, on-demand, self-paced learning system where young adults can access a catalog of over 3,000 workshops for free.

Workshops vary from basic life skills, such as how to change a tire, to more advanced topics such as financial literacy and healthy relationships.

