

may 2018



online seminar

available starting may 15

diy: apps and guides for household management

Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all.



basic skills of adulthood

Whether you're out on your own for the first time or facing a new life challenge, you need some basic skills to succeed. Learning to cook for yourself and doing minor home repairs is a great start. Get a handle on basic life skills to be self-reliant and prepared for anything.

SupportLinc can help with:

- Articles on preparing healthy meals, home maintenance and personal savings;
- Home safety checklist;
- Legal information on buying a car or home;
- FAQs on self-care and more.

toll-free phone number

1-888-881-LINC (5462)

website

www.supportlinc.com

username: **yumacounty** password: **linc123**

Available anytime, any day, SupportLinc is a free, confidential program to help you balance your work, family, and personal life.