

#0521 *The Road to Independent Living: Life Skills for the Young Adult.* Replacing AFRC's individual volume series, *Life Skills for the Young Adult* provides a fifteen chapter, loose-leaf curriculum for developing independent living life skills for youth in transition. Each chapter addresses a specific topic area that may present a challenge to teenagers as they prepare to move out on their own. The fifteen chapters are:

- Identifying and Planning Goals
- Daily Living Skills
- Career Development
- Searching for A Job
- Maintaining, Employment
- Building Relationships With Family
- Food and Nutrition
- Educational & Training Opportunities
- Finding Your First Apartment
- Furnishing & Maintaining Your Apartment
- Self-Esteem
- Developing Positive Relationships
- Understanding & Coping with Feelings
- Developing Problem Solving Skills
- Recreation and Leisure Time

The Appendix includes a self-assessment inventory. The format for each of the chapters is self instructional, allowing the reader to put ideas and skills into immediate practice and allowing the youth to utilize each chapter as a topical reference; the loose-leaf format allows the trainer/user to insert additional materials and references to reinforce and expand the content. Foster and adoptive parents and social workers can use the curriculum as a tool for helping youth gain skills in either a group or individual learning setting. The curriculum offers an excellent instructional tool for an in-service training program to assist foster parents in working more effectively with their teens. This curriculum allows agency staff working with youth to individualize a training program for each youth by focusing only those topical chapters that meet the needs of each particular youth. Each chapter includes basic topical information, exercises for planning and utilizing concepts, "where to go/write to" for additional resource information, and, fill-in-the-blanks data information that provides each youth with a comprehensive, personalized "data bank" that can be maintained and referred to as the young adult meets the needs of self-sufficiency. **#0521 *Life Skills for the Young Adult* \$25.00 Ea., 10+ \$19.00 Ea.**

#0523 *Managing Anger: A Workbook for Youth and Families*

Building on Charles Confer's *Managing Anger: Yours and Mine*, this workbook adds a comprehensive series of exercises designed to reinforce the skills and techniques for successfully managing one's anger - in personal relationships, at home, at school, on the playground and in the workplace. Created in a self-instructional format, *Managing Anger: A Workbook for Youth and Families* is suitable as a manual for individual, self-paced instruction; in collaboration with family members or as the centerpiece for group work. **#0523 \$8.50 Ea., 10+ \$7.70 Ea., 25+ \$6.80 Ea.**

#216 *Moving In ... Moving Out ... Moving On...* by Carolyn Rodriguez and Bettie Specia, presents a discussion of several critical points to consider in handling adolescent issues: identifying the adolescent developmentally and assessing appropriate foster families. **#216 \$2.00 Ea.**

#334 *Helping Children Overcome Emotional Obstacles to Independence,* by Margaret Beyer, offers a comprehensive discussion of how we may aid the adolescent to make peace with the past, help with complex identity issues, improve their self-esteem, form trusting relationships, and, understand their feelings. Dr. Beyer also discusses developing independent living programs and provides the reader with a "Moving Towards Independent Living" Checklist as an instrument for assessing the adolescent's independent living profile. **#334 - \$2.50 Ea.**

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