



“Strategies For Life“ Zoom Group

Come join us as we address the following in a small group setting:

- **Sharing ideas and experiences**
- **Time management**
- **Interaction with peers**
- **Preparing for employment**
- **Household skills**

Thursdays, 5:45pm - 7:00pm on Zoom

Led by Debra K. Solomon, founder and professional Life & Career Coach at Spectrum Strategies

Cost: \$75 each session you attend

Join us as we help you develop a roadmap to success!

**Questions? Contact Debra K. Solomon
debra@spectrumroadmap.com or 516-510-7637**

Come connect with us!



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