



**CONTRA COSTA COUNTY  
INDEPENDENT LIVING SKILLS PROGRAM  
FOR INFORMATION CALL (925) 957-2400 OR  
CHECK OUR WEBSITE: COCOILSP.ORG**

**HEALTH AND WELL BEING-  
MAY/JUNE 2019 – WORKSHOP SCHEDULE**

<p align="center">CENTRAL COUNTY WORKSHOPS TUESDAYS APR 30<sup>th</sup>, MAY 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> 5:30PM – 7:30PM ILSP Youth Center 1875 Arnold Drive, Suite 200 Martinez, CA <b>No Class the last week</b></p>	<p align="center">EAST COUNTY WORKSHOPS WEDNESDAYS MAY 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> 5:00PM – 7:00PM Los Medanos College Pittsburg, CA Classroom #CC1-114 (First Floor) <b>No Class the last week</b></p>	<p align="center">WEST COUNTY WORKSHOPS WEDNESDAYS MAY 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> 5:30PM – 7:30PM CCC EHSD Office 1275 A Hall Avenue Richmond, CA <b>No Class the last week</b></p>
<p align="center">CENTRAL COUNTY WORKSHOP JUNE 20<sup>th</sup>- ILSP Graduate Recognition Dinner Pleasant Hill <b>HAVE A GREAT SUMMER</b></p>	<p align="center">EAST COUNTY WORKSHOP JUNE 20<sup>th</sup>- ILSP Graduate Recognition Dinner Pleasant Hill <b>HAVE A GREAT SUMMER</b></p>	<p align="center">WEST COUNTY WORKSHOP JUNE 20<sup>th</sup>- ILSP Graduate Recognition Dinner Pleasant Hill <b>HAVE A GREAT SUMMER</b></p>



Keep an eye out for some of our summer events.