

GAP Services Information



Potential GAP Services Topics and Goal Areas include:

- Job exploration, interview skills and preparation
- Conflict resolution and boundary setting
- Conversation skills, non-verbal communication, social etiquette and ques
- Relaxation and mindfulness techniques
- Budgeting, financial literacy and money management
- Transportation planning
- Fitness/healthy living
- Social get-together preparation and planning
- Cooking/Meal preparation
- Computer and technology training
- Public speaking and networking skills
- Successful communication in the workplace
- **Can be individualized for each participant's needs**

PTI's new 1:1 GAP (Growth and Potential) Services are staffed by Jamie Larson, Program Manager. Call Jamie about you or your family member's areas where they could use 1:1 support and book your first appointment.

Since receiving new PLB funding, the fees for this program have been dramatically discounted for St. Louis County Residents (only \$15 per hour)!

To Set Up An Initial Appointment:
Call Jamie at 314-863-0202 x4

