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On Your Own Workbook: Navigating the Road to Independence (Paperback)

By Joann Jumper

Wheatmark, United States, 2010. Paperback. Condition: New. Workbook. Language: English . Brand New Book ***** Print on Demand *****. On Your Own Workbook is a companion workbook to On Your Own: Navigating the Road to Independence. It is a practical, easy-to-use workbook that gives individuals the opportunity to practice and apply many of the tips and techniques offered in On Your Own: Navigating the Road to Independence before transitioning to independence. Activities found in the workbook relate directly to learning how to manage finances write a resume find and keep a job manage time and stress rent an apartment succeed in school About the Author JoAnn Jumper has forty years of experience in the mental health field. Her social work experience includes ten years in various settings such as Child Protective Services, rehabilitation centers and residential treatment centers for youth. For over thirty years JoAnn has been an instructor at McLennan Community College teaching mental health concepts and techniques to young people and adults. JoAnn has raised three children who have each successfully navigated their individual journeys to independence and professional careers.



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