You have been assigned to complete a Cognitive Behavior Lifeskills Course

WHAT TO DO:

Go to lifeskillslink.com and click REGISTER underneath the “STUDENTS” section.

Workbook by Mail

For this option, submit your referral code, choose the "by mail" option, and then your assigned course. After registration and payment, your course will be mailed to you with instructions and a self-addressed return envelope.

Online eLearning version

For this option, submit your referral code, choose the "eLearning" option, and then your assigned course. After registration and payment an email will be sent to you with the web address and your login information.

If you have previously registered, click "Login" and proceed with the instructions listed above.

CALL OR TEXT 1-800-516-3813, M – F
# Cognitive Lifeskills Courses:

## Adult Self-Directed Courses
- Anger Management
- Offender Corrections
- Driver Responsibility
- Substance Abuse
- Marijuana Awareness
- Contentious Relationships
- Parenting
- Cognitive Awareness
- Offender Responsibility
- Bad Check
- Theft/Shoplifting
- Sex Offender
- Employment
- Minor in Possession
- Driving Under the Influence
- Domestic Violence

## Juvenile Self-Directed Courses
- Youth Driver Responsibility
- Marijuana Awareness
- Minor in Possession
- Youth/Parent
- Anger Avoidance
- Self Awareness
- Substance Abuse
- Theft/Shoplifting

## Youth Prevention
- Positive Thinking Skills
- Captivity: Substance Abuse Prevention
- Infinity: Media Awareness
- Elevation: Cognitive Employment for Teens
- Serendipity: Cognitive Sexual Awareness
- Boundaries: Dating Violence Prevention
- Bullying Prevention
- Distracted Driving
- Leadership
- Marijuana Prevention
- Truancy Prevention
- Vaping Awareness

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