



ESSENTIAL SKILLS

Contact CALA

To book an assessment or to register for a program.

902-895-2468

contactcala@gocala.ca



REGISTER NOW

For our Fall 2022 Essential Skills adult learning programs.

Community Essentials

Sept 27- Dec 1 & Dec 6 – Feb 16

Our Community Essentials Program helps adults with intellectual and cognitive challenges develop essential skills for work and life in their community. Participants will engage in a positive, friendly, and accessible learning space to develop many essential skills including:

- Literacy skills (reading, writing)
- Numeracy skills
- Practice using technology
- Problem solving and communication skills
- Working with others in a small group setting

Essential Skills Basics

Oct 11-Dec 15

This program is offered in two half-day sessions for 10 weeks and supports the Nova Scotia School for Adult Learning's (NSSAL) E3: Education, Essential Skills, Empowerment curriculum framework to provide essential skills programming using real life learning experiences.

- Communicate Ideas and Information
- Manage Learning
- Engage with Others

About CALA

The Colchester Adult Learning Association (CALA) is a community-based organization dedicated to providing opportunities for all adults to pursue their learning goals. Our programs are offered free to adults in Colchester County.



Meet Your Instructor

Sarah Thornham

Sarah has been an instructor at CALA since 2016, primarily with our Community Essentials and Essential Skills programs. She also provides assessments, placement information and student supports in her role as Intake Coordinator.

