

FREE SESSIONS FOR ALL - FALL 2020!!

100% ONLINE

SOLID FOUNDATION WORKSHOP

- CREATE YOUR PATHWAY OUT OF FEAR AND OUT OF POVERTY
- EXPLORE HEALTHY HABITS TO ENHANCE YOUR SUCCESS!
- IMPROVE AND STRENGTHEN YOUR RELATIONSHIPS
- SIMPLE WAYS TO REDUCE YOUR STRESS & ANXIETY
- TECHNIQUES TO BOOST SELF-ESTEEM & SELF-EFFICACY
- TIME MANAGEMENT AND FINANCIAL PLANNING
- WORKPLACE STRATEGIES & CAREER DEVELOPMENT

PRE - REGISTRATION IS REQUIRED

SEPTEMBER 14 - 25, 2020

OCTOBER 12 - 23, 2020

NOVEMBER 9 - 20, 2020

DECEMBER 7 - 18, 2020

MONDAY - FRIDAY 9 AM TO 1 PM

SIGN UP 2 Different Ways

EMAIL: PENNY.ROBINS@EMAIL.EDCC.EDU or
or Have your DSHS Case Manager send us a referral



POSSIBLE PARTICIPATION HOURS FOR THOSE RECEIVING TANF/BASIC FOOD

DSHS Referral Codes 3AJ LS for 23-35 Hours

FREE to attend!! Sign Up TODAY!