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Financial Literacy and Budgeting

1. Budgeting and Money Management:

- teach individuals how to create and stick to a budget, manage their income, and plan for future financial goals.
- tracking expenses, saving, and managing debt.

2. Banking and Credit:

- guidance on how to open and manage bank accounts, build and maintain a positive credit score, and avoid common financial pitfalls.
- learn about credit cards, loans, and interest rates, ensuring they can make informed financial decisions.

3. Rent and Utilities Management:

- managing rent payments, utility bills, and household expenses to ensure they can maintain stable housing.

Job Readiness and Employment Skills

1. Resume Building and Job Applications:

- resume writing workshops where participants learn how to create professional resumes that highlight their skills and experiences.
- filling out job applications and preparing for interviews.

2. Interview Skills and Professionalism:

- mock interviews to practice answering common questions and receive feedback on their communication and presentation.
- teach the importance of professional attire, punctuality, and maintaining a positive work ethic.

3. Workplace Etiquette and Conflict Resolution:

- training on workplace etiquette, including how to navigate relationships with supervisors and coworkers.
- develop conflict resolution skills to address challenges in the workplace professionally and effectively.

4. Networking Skills:

- Help create a strong personal brand of their own professional narrative to help showcase their unique skills and experiences.

Communication and Interpersonal Skills

1. Effective Communication:

- Participants learn how to express themselves clearly and confidently in both personal and professional settings.
- Our workshops focus on active listening, non-verbal communication, and assertive communication techniques to enhance relationships and foster positive interactions.

2. Building Healthy Relationships:

- We teach individuals how to create and maintain healthy relationships by setting boundaries, communicating needs, and managing conflicts constructively.
- Participants also learn about the importance of empathy and respect in their interactions with others.

3. Public Speaking and Presentation Skills:

- For those looking to improve their public speaking abilities, we offer training on how to present ideas clearly and confidently in front of an audience.

Time Management and Organizational Skills

1. Goal Setting and Prioritization:

- learn how to set realistic and achievable short-term and long-term goals, and break them down into manageable steps.
- teach prioritization techniques to help individuals focus on what's most important and accomplish their tasks efficiently.

2. Time Management Techniques:

- strategies for managing time effectively, such as creating schedules, using planners, and setting daily and weekly goals.
- help individuals reduce procrastination and increase productivity by teaching them how to manage their time and tasks effectively.

3. Organizing Daily Life:

- learn how to stay organized in their daily lives, from managing their homes to balancing work, family, and personal commitments.

Independent Living Skills

1. Household Management:

- teach individuals the skills needed to manage their own homes, including cleaning routines, basic repairs, and maintenance.
- learn how to create meal plans, manage grocery shopping, and maintain a healthy and safe living environment.

2. Health and Nutrition:

- workshops on healthy eating, meal preparation, and nutrition to help individuals maintain their physical health.

- learn how to prepare budget-friendly and nutritious meals, as well as how to manage dietary needs such as diabetes, heart health, or food allergies.

3. Self-Care and Personal Hygiene:

- emphasize the importance of maintaining personal hygiene and self-care routines, including grooming, exercise, and mental health care.
- guidance on how to create a balanced routine that supports both physical and emotional well-being.

4. First aid and survival skills:

- offer courses to become First Aid certified
- workshops on basic techniques for emergencies like floods, fires, tornadoes, or civil disturbances.

5. Self-defense and personal safety:

- partner with a local company to offer basic self-defense techniques

6. Sewing:

- understanding basic hand-sewing fundamentals to make simple repairs and adjustments for day-to-day clothing needs

7. Gardening and growing food:

- teaching community, patience, survival, responsibility, problem-solving, healthy food/habits

Conflict Resolution and Problem-Solving

1. Managing Conflicts:

- teaches individuals how to handle conflicts in various settings, including work, home, and relationships, through calm communication and problem-solving strategies.

2. Problem-Solving Skills:

- learn how to approach challenges with a problem-solving mindset, identifying the root cause of issues and developing practical solutions.

3. Decision-Making:

- training on how to make informed and thoughtful decisions by considering the potential outcomes and consequences of different actions.

Parenting and Family Support

1. Parenting Skills:

- parenting classes that cover essential topics such as child development, positive discipline, and effective communication with children.
- strategies for managing family routines, creating consistent boundaries, and fostering a supportive home environment.

2. Family Dynamics and Conflict Resolution:

- help parents navigate family dynamics and resolve conflicts within the household in a healthy and productive way.

3. Childcare Support and Resources:

- resources for parents seeking childcare assistance, including information on local programs and how to apply for childcare subsidies.

Emotional Intelligence and Stress Management

1. Understanding Emotions:

- training on how to recognize and manage emotions, teaching participants the importance of emotional intelligence in both personal and professional interactions.

- learn how to identify emotional triggers and develop strategies for managing stress, anger, or anxiety.

2. Stress Management Techniques:

- workshops on stress reduction, including techniques such as deep breathing, meditation, and mindfulness to promote emotional balance.

3. Coping Mechanisms:

- help individuals develop healthy coping mechanisms for dealing with life's challenges, ensuring they have the tools to handle difficult situations without turning to negative behaviors.

4. Empathy:

- Understanding and showing concern for others helps to build bridges, resolve conflicts, and deepen your interpersonal relationships.

5. Patience:

- Understanding that gratification isn't instant in personal and professional life.

Civic Engagement and Community Participation

1. Community Involvement:

- encourage individuals to become active members of their communities by teaching them how to get involved in volunteer opportunities, local organizations, and advocacy efforts.

2. Civic Responsibility:

- understand their roles as citizens, including voting, participating in local government, and contributing positively to their communities.

3. Leadership Skills:

- provide leadership training that helps individuals build confidence, take initiative, and guide others in group settings, whether at work, school, or within their community.