



a californiahealth+ center

CARE COMMUNITY CULTURE

WORK READINESS WORKSHOP

REGISTRATION REQUIRED!

Activities Include:

- Self-exploration and skills discovery
- Build a professional resume
- Tackle any barriers to employment
- Learn to utilize skills in Professional or Educational settings
- Develop skills to manage workplace stress



DATE	TIME	TOPIC
May 2, 2018	3:00 p.m. - 5:00 p.m.	Who am I?
May 9, 2018	3:00 p.m. - 5:00 p.m.	Self-Awareness: Goal Setting
May 16, 2018	3:00 p.m. - 5:00 p.m.	Transitioning to Work: Unspoken Rules
May 23, 2017	3:00 p.m. - 5:00 p.m.	Managing Emotions: Stress, Stop & Think
May 30, 2018	3:00 p.m. - 5:00 p.m.	Handling Problem Situation: Time Management
June 6, 2018	3:00 p.m. - 5:00 p.m.	Wrap It Up - Graduation

To Register or for more information, Contact Julie Fuentes:

(916) 341-0576 ext. 3041 Julie.Fuentes@snahc.org

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