

# notable

Live stream programming to support your emotional, mental, and relational health.



## APRIL 2020

Growth happens when you step out of your comfort zone

### MONDAY

**12PM DISTANCE LEARNING [ENG]**  
Daily presentations covering topics to support safety and health. 30mins

**3PM A WINDOWS BETWEEN WORLDS ART CLASS [ENG]**  
Express yourself and tell your story, build resilience, gain a stronger sense of self-worth, and much more through art. 1hr|RR

**5:30PM PARENTING CLASS [ENG]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

### TUESDAY

**10AM PARENTING CLASS [ENG]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

**12PM DISTANCE LEARNING [ENG]**  
Daily presentations covering topics to support safety and health. 30mins

**1PM PARENTING CLASS [SPA]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

**4:30PM COURTS DURING COVID-19 [ENG/SPA]**  
Learn current updates on the court system and legal resources. 30mins|RR

**4:30PM PARENTING CLASS [ENG]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

**5PM PTSD GROUP [ENG/SPA]**  
Process six key components related to PTSD in a safe and supportive environment. 1hr|RR

### WEDNESDAY

**9:30AM PARENTING CLASS [ENG]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

**12PM DISTANCE LEARNING**  
Daily presentations covering topics to support safety and health. 30mins

**2PM NAVIGATING IMMIGRATION [ENG/SPA]**  
Join WTLC's knowledgeable DOJ Accredited Representative for a discussion about immigration-related issues and resources. 30mins|RR

**5PM COME AS YOU ARE [ENG]**  
What does addiction mean and what can I do to move forward? 1hr|RR

**5PM PARENTING CLASS [ENG]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

**6:30PM PARENTING CLASS [ENG]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

### THURSDAY

**12PM DISTANCE LEARNING [ENG]**  
Daily presentations covering topics to support safety and health. 30mins

**12:30PM PARENTING CLASS [SPA]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

**2PM LIFE SKILLS [ENG/SPA]**  
Manage stress, improve time management skills, goal setting, and more. 1hr|RR

**3PM FINDING YOUR ZEN [ENG]**  
Find ways to support you and your loved one's mental health, to love yourself, and implement healthy communication. 1hr|3wks

**5PM PARENTING CLASS [SPA]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

### FRIDAY

**10AM PARENTING CLASS [SPA]**  
Develop new skills and talk about how to empower yourselves as parents and support our kids. 1hr|6wks|RR

**12PM Distance Learning [ENG]**  
Daily presentations covering topics to support safety and health. 30mins

**3PM LEGAL INFORMATION SESSION [ENG/SPA]**  
Discuss and explore current legal trends and topics during these times. 1hr|RR