

# notable

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



## MAY 2020

Growth happens when you step out of your comfort zone

### MONDAY

#### 9AM PEP [SPA]

10-week psycho-educational course to increase awareness of unhealthy relationships. 2hr|RR

#### 12PM DISTANCE LEARNING [ENG]

Covering topics to support safety and healthy relationships. 1hr

#### 1:30PM PEP [ENG]

10-week psycho-educational course to increase awareness of unhealthy relationships. 2hr|RR

#### 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

#### 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

#### 2PM PEP [ENG]

10-week psycho-educational course to increase awareness of unhealthy relationships. 2hr|RR

#### 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

#### 10AM PEP [ENG]

10-week psycho-educational course to increase awareness of unhealthy relationships. 2hr|RR

#### 12PM DISTANCE LEARNING [ENG]

Covering topics to support safety and healthy relationships. 1hr

#### 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 5 LOVE LANGUAGES [ENG]

Learn ways to strengthen relationships by discovering how you give and receive love. 1hr|5wks

#### 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

#### 3PM LEGAL INFORMATION SESSION [ENG/SPA]

Discuss and explore current legal trends and topics during these times. 1hr|RR