

## DuPagePads Program Schedule

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>  <b>CSC Closed</b>	<b>2</b> <u>703-</u> <b><i>Walking In Our Shoes</i></b> 9:00am-10:00am <u>705-</u> <b><i>Employment Resume Assistance*</i></b> 10am-11:30am	<b>3</b>	<b>4</b> <u>705-</u> <b><i>Career Solutions*</i></b> 9:00am-10:00am <u>705-</u> <b><i>Employment Resume Assistance*</i></b> 10am-11:30am
<u>705-</u> <b><i>Money Smarts*</i></b> 9am <b>7</b> <u>703-</u> <b><i>Prairie State Legal</i></b> 10am <u>705-</u> <b><i>Financial Fitness</i></b> 1:30pm-3:00pm	<b>8</b>	<b>9</b> <u>703-</u> <b><i>Walking In Our Shoes</i></b> 9:00am-10:00am <u>705-</u> <b><i>Employment Resume Assistance*</i></b> 10am-11:30am	<b>10</b> <u>705</u> <b><i>Basic Computer Class</i></b> 9:00am-10:00am	<b>11</b> <u>705-</u> <b><i>Career Solutions /Improv*</i></b> 9:00am-10:00am <u>705-</u> <b><i>Employment Resume Assistance*</i></b> 10am-11:30am <u>703-</u> <b><i>Housing Workshop</i></b> 10:30am-11:30am
<u>703-</u> <b><i>Prairie State Legal</i></b> 10:00am <b>14</b> <u>705-</u> <b><i>Financial Fitness</i></b> 1:30pm-3:00pm	<u>703-</u> <b><i>Has Substance Abuse Education Group*</i></b> 1:00pm-2:00pm <b>15</b>	<b>16</b> <u>703-</u> <b><i>Walking In Our Shoes</i></b> 9:00am-10:00am <u>705-</u> <b><i>Employment Resume Assistance*</i></b> 10am-11:30am	<b>17</b> <u>703-</u> <b><i>Harmony, Hope, &amp; Healing</i></b> 10:45am-11:30am <u>705</u> <b><i>Basic Computer Class</i></b> 9:00am-10:00am	<b>18</b> <u>705-</u> <b><i>Career Solutions*</i></b> 9:00am-10:00am <u>705-</u> <b><i>Employment Resume Assistance*</i></b> 10am-11:30am <u>703-</u> <b><i>Housing Workshop</i></b> 10:30am-11:30am
<b>21</b>  <b>CSC Closed</b>	<b>22</b>	<b>23</b> <u>703-</u> <b><i>Walking In Our Shoes</i></b> 9:00am-10:00am <u>705-</u> <b><i>Employment Resume Assistance*</i></b> 10am-11:30am <u>705-</u> <b><i>Self Empowerment Workshop*</i></b> 10:30am-11:30am <u>703-</u> <b><i>Take Charge of Your Health Workshop*</i></b> 1:30pm-4:00pm	<b>24</b> <u>705</u> <b><i>Basic Computer Class</i></b> 9:00am-10:00am	<b>25</b> *No employment group <u>703-</u> <b><i>Housing Workshop</i></b> 10:30am-11:30am
<u>705-</u> <b><i>Money Smarts*</i></b> 9am <b>28</b> <u>703-</u> <b><i>Prairie State Legal</i></b> 10:00am <u>705-</u> <b><i>Self Empowerment Workshop*</i></b> 10:30am-11:30am	<u>703-</u> <b><i>Has Substance Abuse Education Group*</i></b> 1:00pm-2:00pm <b>29</b>	<b>30</b> <u>703-</u> <b><i>Walking In Our Shoes</i></b> 9:00am-10:00am <u>705-</u> <b><i>Employment Resume Assistance*</i></b> 10am-11:30am <u>705-</u> <b><i>Self Empowerment Workshop*</i></b> 10:30am-11:30am <u>703-</u> <b><i>Take Charge of Your Health Workshop*</i></b> 1:30pm-4:00pm	<b>31</b> <u>705</u> <b><i>Basic Computer Class</i></b> 9:00am-10:00am	

## DuPagePads Program Schedule

### DuPagePads Locations:

Career/Employment Solutions Center- 705 West Liberty in Wheaton

Client Service Center- 703 West Liberty in Wheaton

### Program/ Group Descriptions:

**Alcoholic Anonymous Meeting:** A fellowship to help alcoholics stay sober and encourage other alcoholics to achieve and maintain sobriety.

**Financial Fitness Workshop:** A 3-week workshop hosted by DuPage Homeownership Center. The workshop explores the fundamentals of creating a budget and understanding credit.

**Harmony, Hope, & Healing Group:** Offers music therapy as a way for participants to relieve stress and anxiety by singing, playing musical instruments, and listening to inspirational songs.

**Nutrition:** Focus on healthy eating while on a budget.

**Planning Ahead Group:** A 6-week social and life skills series for adults to share experiences and gain skills through group discussion.

**Prairie State Legal:** Private legal counseling with an attorney from Prairie State Legal services.

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**"Walking in Our Shoes" Group:** A 6-week communication skills series to effectively improve communication skills together and cultivate a culture that is free of stigma. Join this interactive group where you will receive information and have nurturing conversations about personal challenges that you may face.

**Women's Wellness Group:** Learn how you can improve areas of your life pertaining to relationships, stress and coping skills through informative and supportive group discussions.

***\*Please contact staff noted in description for groups below.***

**Basic Computer Class:** A 5-week series to help you become familiar with Computers/Internet, and sending/receiving emails. *Contact Lutisha (630)517-0582 for details.*

**Career/ Employment Solutions Group:** To assist you in obtaining a stable and long-term career/employment position. This group will help with job searching, job development, job placement, and job retention. *Note: All interested clients must be referred by a Client Service Center case manager in order to apply.*

**Computer Lab:** Our 705 Computer Lab has six computer stations with internet access and a printer. Our lab is available to complete job searches and housing searches. Staff are available to assist you in developing your resume and cover sheet, to establish an email address, and to fax job applications and housing applications. During the week, computer lab is available only for those enrolled in Career/ Employment Solutions Group (*see above*), with the exception of Thursday.

**Employment Resume Assistance:** Assistance with resumes, Job Applications, and mock interviews. *Must be currently enrolled in Career/Employment Solutions Group.*

**HAS Group:** An educational opportunity for those with active or previous addictions to learn about treatment options and the stages of change in order to gain and maintain recovery. Meets every other week. *See Case Manager for details.*

**Housing Workshop:** An on-going workshop for adults with income who are ready to move into housing. This is an opportunity to network and explore with PADS staff and other participants in order to determine housing options available for you. *Contact Jennifer (630) 517-0619 for details.*

**Improv Comedy Workshop:** A group to relieve stress and help gain confidence through laughter. Must be enrolled in Career/Employment Solutions.

**Money Smart Adult Education Workshop:** An 11-week financial education program offered every other Monday in the Career Solutions center. Hosted by financial advisors from the Wheaton Bank & Trust Company. Classes help individuals build financial knowledge, develop financial confidence and use banking services effectively. DuPage Pads clients have an opportunity to open a free savings account with Wheaton Bank upon completing the program. *See Case Manager for details.*

**Orientation:** Learn more about the Client Service Center. *New clients please contact Nicole (630) 682-3846 or after Initial Assessment for details.*

**Self-Empowerment Workshop:** This free 6 to 12-week program, offers Transforming the Impossible into Possible (TIP) and will help you transform your life and lead you to self-success through small, informative and supportive group discussions. *Contact Lutisha (630) 517-0582 or Tashaunda (630) 517-0617 for details.*