



# trellus

WELCOME CENTER  
2424 W PETERSON AVE  
CHICAGO, IL 60659

## INVITES YOU TO FREE COMMUNITY WORKSHOPS



SCAN THE QR CODE  
TO PRE-REGISTER!

Tap here to register

**April 1**

**MONDAY  
AT 12PM**

### Advocating for Yourself at the Doctor's Office

This is a presentation for people who are unsatisfied with their healthcare experience and/or unfamiliar with the American medical system and the culture around it. It discusses the different ways to be prepared for meeting with your doctor, asking questions and learning about what you can expect from your doctor.

**April 3**

**WEDNESDAY  
AT 12PM**

### Men's Health

The men's health presentation addresses key aspects of major health concerns, including heart disease, lung cancer, diabetes, and depression. It emphasizes early detection, lifestyle management, and preventive measures to empower men in maintaining their well-being against these significant health challenges.

**April 8**

**MONDAY  
AT 12PM**

### Women's Health

This presentation includes a wide variety of topics in physical, mental, emotional, and relationship health. We talk about everything from breast cancer to heart health, periods, PC , and the exams recommended for women including breast and pelvic exams.

**FOR MORE INFORMATION, PLEASE CONTACT:  
773-293-8134 OR WELCOME@MYTRELLUS.ORG**



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**April 11**

**THURSDAY  
AT 4PM**

### **Adjusting to the American Workplace**

Navigating the American Workplace workshop aims to provide newcomers, immigrants, and refugees with practical insights and strategies for navigating the American workplace. By the end of the workshop, participants should feel more confident in understanding cultural norms, communication styles, and workplace expectations in the United States.

**April 15**

**MONDAY  
AT 12PM**

### **Technology for Parents**

This presentation discusses monitoring the video games your child plays, the maturity ratings for these games, and what they mean. It also covers setting boundaries for technology use and the risks of online gaming.

**April 17**

**WEDNESDAY  
AT 12PM**

### **Nutrition for Adults**

This presentation explores eating foods and how we can make them healthier, finding healthier alternatives to common foods, and how to read labels to better understand what is inside the food we eat. It ends with talking about the connection between nutrition and various aspects of health including physical, mental, spiritual, and social health.

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**April 18**

**THURSDAY  
AT 4PM**

### **Phone Service and Communication Alternatives**

Attendees receive step-by-step instructions for setting up a Google account, followed by activating Google Voice and Gmail accounts to establish alternative communication methods. The workshop aims to empower individuals with diverse communication options, enhancing their digital accessibility and connectivity.

**April 22**

**MONDAY  
AT 12PM**

### **Advocating for Yourself at the Doctor's Office**

This is a presentation for people who are unsatisfied with their healthcare experience and/or unfamiliar with the American medical system and the culture around it. It discusses the different ways to be prepared for meeting with your doctor, asking questions and learning about what you can expect from your doctor.

**April 23**

**TUESDAY  
AT 4PM**

### **Housing Resources**

In this workshop, discover available housing resources in Chicago to assist you in finding a better housing situation. Learn about the various types of housing properties including SROs, subsidized housing, affordable housing, and market rate properties. Additionally, participants will be educated on tenant rights and housing advocacy skills.

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**April 24**

**WEDNESDAY  
AT 12PM**

### Career Expanding Workshop

Participants will be able to get help with their resumes and mock interviews, especially for those interested in driving school or the medical field. If you're not sure what you want to do, we'll assist you with surveys on Illinois WorkNet such as "Career Cluster Inventory", "Interest Profiler" and "Learning Style Survey". This helps you widen the horizons of what you're capable of and you can discuss with our Case Managers and Job Developer how that translates to the workforce.

**April 24**

**WEDNESDAY  
12PM-4PM**

### Job Fair

This event is your opportunity to connect with employers in various industries. Explore a wide range of job opportunities, network with hiring managers, and discover how your skills can align with exciting career paths. Bring copies of your resume and be prepared for on-the-spot interviews.

**April 25**

**THURSDAY  
4PM-6PM**

### Family and Community Wellness Night

This event features family art activities, mindfulness, movement, a creative writing workshop, music integration, and offers snacks, drinks, and opportunities for connection.

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