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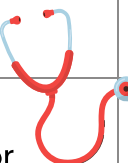


June Workshops



Opportunities for life

2024

LOCATED AT: 2424 W Peterson Ave, Chicago, IL 60659

Monday	Tuesday	Wednesday	Thursday	Friday
3 Summer Safety 12pm-1pm 	4	5 Adjusting to the American Workplace 12pm-1pm 	6	7
10 Summer Days @ Trellus Begin (06/10-08/02)	11 Nutrition & Wellness 12pm-1pm 	12 Career Expanding Workshop 12pm-1pm	13	14
17	18 Women's Health 12pm-1pm 	19 Juneteenth Office Closed	20	21
24 Advocating for Yourself at the Doctor's 12pm-1pm	25	26 Job Fair 12pm-4pm 	27 Community & Family Wellness Night 4pm-6pm 	28

June Workshops

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Adjusting to the American Workplace

- A conversation about American workplace culture, professional etiquette, employment rights and responsibilities, and securing a job.

Advocating for Yourself at the Doctor's

- A discussion to around being an empowered patient at the doctor's office.

Career Expanding Workshop

- Get help with resumes and mock interviews. Geared towards youth.

Community & Family Wellness Night

- An opportunity for connection, featuring family art activities, mindfulness, movement, a creative writing workshop, and music integration.

Job Fair @ Trellus

- Connect with employers in various industries. Bring copies of your resume and be prepared for on-the-spot interviews.

Nutrition & Wellness

- A conversation about how the food we eat can impact our bodies and overall wellbeing.

Summer Days @ Trellus

- Behavioral Health Youth Summer program for ages 6 to 13 running through August 2nd, 2024, and featuring outdoor play, science activities, arts and crafts, and more.

Summer Safety

- A conversation around how to keep yourself and family safe in the summer. Topics include sun protection, water safety, how to stay cool, and more!

Women's Health

- A discussion on health topics that pertain to women.

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