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a \$50 Amazon Gift Card

July Workshops

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



trellus

Opportunities for life

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day Office Closed	5	6
7	8	9	10 Screen Time & Tech for Parents 9:30am-10am	11	12	13
14	15 A Discussion on Tobacco Use 12pm-1pm	16	17 Adjusting to the American Workplace 12pm-1pm	18 Parental Stress & Wellbeing 3:30pm-4pm	19	20
21	22	23	24 Job Fair 12-4pm	25	26	27
28 Women's Health 12pm-1pm	29	30	31			

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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.

Discussion on Tobacco Use

- A discussion around the different types of tobacco use, side effects, and more.

Job Fair @ Trellus

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

Parental Stress and Wellbeing

- A discussion on the stress of being parents, taking care of yourself, and emotional coregulation. Come engage with other parents!

Screen Time & Technology for Parents

- A conversation about how to understand video game ratings, ways of monitoring your child's screen time, and more.

Women's Health

- A discussion on health topics that pertain to women.

