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August Workshops



trellus
Opportunities for life

2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Advocating for Yourself at the Doctor's 12-1pm 	6	7	8 Welcome Corps Refugee Sponsorship Info Session 4-5pm 	9	10
11	12	13 Housing in Chicago 101 3:30-4:30pm 	14 Screen Time & Technology for Parents 12-1pm 	15 Adjusting to the American Workplace 4-5pm 	16	17
18	19	20	21 Career Expanding Workshop 12-1pm Women's Health 12-1pm	22 Welcome Corps Refugee Sponsorship Info Session 4-5pm	23	24
25	26 Parental Stress and Mental Health 12-1pm 	27	28 Job Application Day 12-4pm 	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.

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.

Housing in Chicago 101

- Learn about the rental market, tenant rights, and low income housing opportunities.

Job Application Day

- Connect with employers in various industries. Bring copies of your resume.

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.

Welcome Corps Refugee Private Sponsorship Info Session

- Refugee sponsorship is the ultimate act of welcome, and anyone can do it. Come learn more about this opportunity!

Women's Health

- A discussion on health topics that pertain to women. Come learn about support Trellus can provide connecting with healthcare and wellness resources.

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