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March Workshops



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

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>Learn more at mytrellus.org</p> </div>						1
2	3	4	5	6	7 Emotional Wellness for Women 12pm-1pm 	8 International Womens Day 
9	10	11	12 Nutrition and Ramadan 12pm-1pm 	13	14	15
16	Happy St. Patrick's Day 17 Health and Hygiene 12pm-1pm 	18	19 Career Expanding Workshop 12pm-1pm 	20 Adjusting to the American Workplace 4pm-5pm 	21	22
23	24	25	26 Advocating for Yourself at the Doctor's 12pm-1pm 	27	28	29
30	31	Eid Mubarak 				

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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.

Emotional Wellness for Women

- A discussion about emotional wellbeing and healthy relationships.

Hygiene and Health

- Come talk about how our hygiene impacts our health especially during cold and flu season.

Nutrition & Ramadan

- A conversation about how Ramadan affects nutrition, exploring ways to maintain a balanced diet while fasting and the importance of hydration during the non-fasting hours.

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