



IW EMPOWERMENT CENTER Course & Workshop Descriptions

Vocational Courses & Training

**See referral information below*

Job Readiness: This six-session course is offered over two weeks on Monday, Tuesday and Thursday mornings from 10:00 am to 12:00 pm. It is often the first step to receiving Vocational Services at Interfaith Works. Among the topics covered are: benefits of employment; identifying a career; preparing a professional resume and cover letter; completing job applications; the key to successful job interviews; mock interview practice; how to be successful on the job; why people are fired; social skills at work; and how to manage your money once you are working. All candidates for this class meet with a vocational counselor prior to the first class session. (Vocational Referral required.)

Introduction to Microsoft: Wednesdays, 9:30am to 10:30am. The five-week Introduction to Microsoft Office course will familiarize participants with Microsoft Word, PowerPoint and Excel. The course is for individuals who have a basic working knowledge of computers but little or no experience with Microsoft programs. It is a great way to learn new computer skills and will help participants become more marketable when applying for jobs. Because space is limited, a referral from a case manager is required and participants are expected to attend each of the five sessions. (General Referral required.)

General Classes & Groups

**No referral necessary and open to all*

Body Groove: This motion and movement class is open to ALL levels. It will be held on Mondays at 1:30 pm for 30 minutes. It is great exercise!

Computer Skills: This open class meets every Monday morning at 10:30 am. This class intends to provide clients the skills to use the computer independently. Topics will include basic Word, typing skills, emails, and using search databases in order to sign up for services online.

El Circulo: Please join us to watch television from Latin America and then chat about what we see on tv. This is open to anybody interested in speaking Spanish as this will be a Spanish Only zone while the Circle meets.

Exploring Music: Join our class on Exploring the Power of Music, Monday mornings, 9:30 am to 10:30 am. Join us for a lively discussion of current popular artists and their music. Bring your suggestions for music and artists you would like to explore the following week.

Express Yourself! This weekly drop-in workshop, held Thursdays from 10:15 am to 11:30 am, gives clients the opportunity to express themselves creatively, through art and writing projects using various mediums in a fun and friendly environment.

Housing and Job Search Group: This group is meant to help people who do not qualify for case management or vocational services. The group provides a basic overview regarding the housing and

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employment process, as well as provides guidance in searching for housing and employment. Se habla Español.

Pathways to Recovery: Pathways to Housing DC facilitates this weekly substance abuse group on Friday mornings from 10:00 am to 11:00 am. Individuals interested in learning more are encouraged to attend this safe environment. Spanish speaking individuals are also encouraged to attend as there will be a Spanish speaking person available for the group as well. Las personas que hablan Español pueden venir. El grupo tiene facilitadores que hablan Español.

Stages of Change: This group, led by People Encouraging People, is every Thursday from 1:15 pm to 2:15 pm. All are welcome to discuss and explore the stages of change revolving around co-occurring disorders and methods of coping with mental health and substance use related concerns.

Tree of Hope Recovery Group: A peer-to-peer led substance and recovery group that meets every Tuesday afternoon at 1:15 pm. Open to all.



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Community Meeting: Open to individuals who regularly utilize the IWEC day program to discuss classes, activities, issues, and concerns. Held the second Monday from 11:00 to 11:45 of every month. Please note the change in time for November.

Miscellaneous Events

Open to all on a drop-in or sign-up basis

Bingo by KindWorks: KindWorks hosts a monthly bingo game at the IWEC, which takes place every third Thursday of every month. Additional games are added when possible. Please note the change in time for November.

Health Screenings: The African American Health Program (AAHP) provides various health screenings, including weight, glucose, body mass index (BMI) and blood pressure as well as HIV testing. All are encouraged to visit.

Health Workshops by University of Maryland School of Nursing: The School of Nursing will give clients the opportunity to have their vitals assessed and attend short workshops on different topics. Topics may include nutrition, sex education, and hygiene among others. All are encouraged to attend!

HIV Testing: HIV testing and HIV education are offered thrice a month by the African American Health Program, Heart to Hand Inc. and La Clinica Del Pueblo at the IWEC:

African American Health Program – AAHP provides HIV testing and counseling on the second Wednesday of each month. This free program is open to all. No appointment needed. (This will not be taking place in December)

SLK Healthcare Corporation – HIV testing is provided monthly. It is free and open to anyone interested in HIV testing. Results are immediate. No appointment is necessary. Please refer to the IWEC Day Program Calendar for testing times.

La Clinica Del Pueblo (LCDP) - This service is provided every second Friday of the month from 1:00 pm to 3:00 pm. HIV testing from LCDP is free and open to anyone interested in getting HIV testing. Results are immediate. No appointment is necessary. Spanish-speaking HIV counselors are available for HIV counseling and education. Las personas que hablan Español pueden venir. La clinica tiene facilitadores que hablan Español.

Haircuts: Free haircuts are available periodically. Please see our front desk reception staff to sign up for haircuts. Places in line are not guaranteed or held for absent individuals. Please ask staff for questions regarding haircuts.

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