

## WRIC's Monthly and Weekly Regular Programs

### **Every Monday morning 10:00-11:30**

Neighbors Helping Neighbors **Support Group**. This is self-help group which seeks to network for adult job seekers within communities where members share advice, exchange information and provide motivational support to help each other find employment. We do this through regular, structured meetings and providing opportunities for the development of job seeking skills.

### **Every *second or third* Monday of the month 1:00**

Resume Writing class. Call or check website to see which Monday is currently in cycle.

**Every Tuesday 10:00 Art Therapy. Pre-registration** is required for this group. There are breaks throughout the year so make sure you confirm dates.

### **Every *other* Wednesday 11:00**

WRIC Orientation for new clients. Call or check website to see which Wednesday is currently in cycle. [www.womensrights.org](http://www.womensrights.org)

### **Every *other* Wednesday 7:00 PM**

Yoga. Call or check website to see which Wednesday is currently in cycle. [www.womensrights.org](http://www.womensrights.org)

### **Once Every Three Months**

Legal clinics with topics such as Divorce Clinic, Domestic Violence, Custody, etc. Check website for current schedules. [www.womensrights.org](http://www.womensrights.org)

### **Every *first* Wednesday of the month 12:00**

Job Networking Forum

### **Every *third* Wednesday of a month 1:00 PM**

Financial Literacy Workshops.

### **Thursday 1:00**

Job Readiness Workshops. Call or check website to see which Thursday is currently in cycle. There are breaks throughout the year so make sure you confirm dates. [www.womensrights.org](http://www.womensrights.org)

### **Every *Last* Thursday of a month**

Job Leads' Events. Prospective employers will present and discuss how to apply for jobs with their companies. Call or check website to see who is presenting and what time. [www.womensrights.org](http://www.womensrights.org)

### **Every *Second* Friday of a month 1:00pm.**

Your Credit. This one hour workshop, hosted by Capital One, will focus on all things Credit - from educating you on everything you need to know about good credit, bad credit, fixing credit, credit reports, and more.

In addition to these regularly scheduled programs, Women's Rights Information Center offers other monthly workshops on a sporadic basis. These workshops are on a variety of topics such as self-esteem, self-care, car-care, dress for success, and more. Check website frequently for added programs. [www.womensrights.org](http://www.womensrights.org)

WRIC offers Microsoft Office classes, other computer skills classes and ESL classes throughout the year. Legal consultations on family and immigration issues are offered weekly. Check website frequently to see latest classes being offered. One on one job coaching is available by appointment.