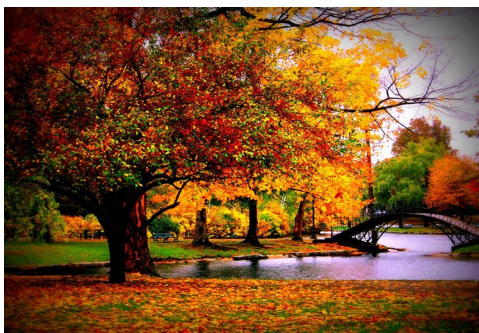




**THIS LIST IS UPDATED
THROUGHOUT THE SEMESTER...**

**WORKSHOP NAMES, DATES,
TIMES, LOCATIONS MAY**

CalWORKs/Workforce Preparation



FALL 2018 Workshops

SEPTEMBER

WORKSHOP NAME	DATE	TIME	LOCATION
Essential Couponing *Hosted by Credit.org	9/6/18 (Thurs)	12:50-1:50pm	Student Academic Services 224
Stress Management (Eating On The Run) *Hosted by Health Services	9/18/18 (Tues)	11am-12pm	Parkside Complex 14A
Writing Your Scholarship Success Essay #1	9/25/18 (Tues)	12:50-1:50pm	Humanities #319 Computer Lab
Nurturing Parenting (Ages & Stages) *Hosted by County of Riverside	9/26/18 (Wed)	12:50-1:50pm	Humanities #212
Lunch & Learn *Lunch provided	Every Thurs (Begins 9/13)	12:30-2pm	Parkside Complex 14A

Please pick up an updated list any time you come into the CalWORKS office or visit our website for current information. Email blast invitations are also sent to all currently enrolled MVC students prior to each workshop with updated/current information. Contact Nicole LeDuff if you have any questions!





CalWORKs/Workforce Preparation

FALL 2018 Workshops

OCTOBER

WORKSHOP NAME	DATE	TIME	LOCATION
Surviving the Holidays *Hosted by Credit.org	10/4/18 (Thurs)	12:50-1:50pm	Student Academic Services 224
Stress Management (How to Beat Procrastination) *Hosted by Health Services	10/23/18 (Tues)	11am-12pm	Parkside Complex 14A
Writing Your Scholarship Success Essay #2	10/23/18 (Tues)	12:50-1:50pm	Humanities #319 Computer Lab
Nurturing Parenting (Brain Development) *Hosted by County of Riverside	10/24/18 (Wed)	12:50-1:50pm	Humanities #212
Career Spotlight on Nursing	10/31/18	1-3pm	Humanities #305
Lunch & Learn *Lunch provided	Every Thurs (except 10/4)	12:30-2:00pm	Parkside Complex 14A



CalWORKs/Workforce Preparation

FALL 2018 Workshops

NOVEMBER

WORKSHOP NAME	DATE	TIME	LOCATION
Understanding Your Credit Report & Score *Hosted by Credit.org	11/1/18 (Thurs)	12:50-1:50pm	Student Academic Services 224
Creativity for Stress Management	11/7/18 (Wed)	12:30-2pm	Parkside Complex 14A
Stress Management (Fitness) *Hosted by Health Services	11/13/18 (Tues)	11am-12pm	Parkside Complex 14A
Step By Step: Completing CSU/UC Applications & Personal Statements	11/13/18 (Tues)	12:50-1:50pm	Humanities 309 Computer Lab
Writing Your Scholarship Success Essay #3	11/27/18 (Tues)	12:50-1:50pm	Humanities #319 Computer Lab
Nurturing Parenting (Communicating with Respect) *Hosted by County of Riverside	11/28/18 (Wed)	12:50-1:50pm	Humanities #212
Lunch & Learn *Lunch provided	Every Thurs. (Except 11/1 & 11/22)	12:30-2:00pm	Parkside Complex 14A

DECEMBER

WORKSHOP NAME	DATE	TIME	LOCATION
Stress Management (Test Taking Tips) *Hosted by Health Services	12/4/18 (Tues)	11am-12pm	Parkside Complex 14A
Writing Your Scholarship Success Essay #4	12/4/18 (Tues)	12:50-1:50pm	Humanities #319 Computer Lab
Deals for Wheels *Hosted by Credit.org	12/6/18 (Thurs)	12:50-1:50pm	Student Academic Services 224



FALL 2018 Workshops



Contact:

Nicole LeDuff

Humanities 223-A,

(951) 571-6154

nicole.leduff@mvc.edu

*** \$25 GAS CARDS ARE GIVEN FOR TRANSPORTATION ASSISTANCE FOR ATTENDING A WORKSHOP
(DISCLAIMER)**

Currently enrolled MVC CalWORKS students with current proof of Cash Aid for Self and have an Unmet Financial Need may receive a \$25 Gas Card for attending a workshop. You may earn up to three (3) Gas Cards per semester for workshop attendance. *You must have current proof of Cash Aid for Self for CURRENT SEMESTER, on file in the CalWORKS office and must be currently enrolled in classes.* **Eligible Students, please sign up 1 week ahead of time to receive your Gas Card at the workshop. Otherwise, please allow 1 week after date of workshop to receive your Gas Card. Inquire with Nicole LeDuff.**

www.mvc.edu/services/cw

