

# Life Skills Academy Calendar

## May 2019

Focus Area: **Education for Life**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>How to Buy and Maintain a Vehicle</b> 5:00-6:30	2 <b>Taking Good Care of Your Vehicle</b> 5:00-6:30	3 <b>Six String Heart Learn to Play Guitar</b> 4:30-5:30	4
5	6 <b>History of Pride</b> 4:30- 5:30	7 <b>Bus Adventure</b> 4:30-6:00	8 <b>Pizza Day TaDa</b> 4:30-6:00	9 <b>TENATIVE CULTURAL HEALING</b> 4:00-5:30	10 <b>Creative Creating Vision Board Night</b> 5:30-6:30  <b>Six String Heart Learn to Play Guitar</b> 4:30-5:30	11
12	13 <b>Pride Planning Committee (closed group)</b> 4:30-5:30	14 <b>Want to be in TLP?</b> 5:00-6:30	15 <b>Tennis!!</b> 4:30-5:30  <b>“Organization Station-Clear Head Clutter”</b> 4:30-5:30	16 <b>Life Hacks Crafts</b> 4:00-5:00 @Jonny Tapia Community Center Home of YouthBLAST	17 <b>Six String Heart Learn to Play Guitar</b> 4:30-5:30	18
19	20 <b>AcuDetox for Young People!</b> 4:30- 6:00  <b>Pride Planning Committee (closed group)</b>	21 <b>Hike for Health and Happiness</b> 4:30-6:00  <b>Mental Health Awareness Day</b> 10:00am-1:00pm	22 <b>Let’s Talk About Consent Baby</b> 4:30-5:30	23 <b>Tennis!!</b> 4:30-5:30	24 <b>Six String Heart Learn to Play Guitar</b> 4:30-5:30	25
26	27 <b>Pride Planning Committee (closed group)</b> 4:30-5:30	28 <b>Resume Workshop</b> 4:30-6:00	29 <b>LSA Social</b> 4:30-6:00	30 <b>Interview Workshop</b> 4:30-5:30	31 <b>Six String Heart Learn to Play Guitar</b> 4:30-5:30	

## CLASS REGISTRATION AND TRANSPORTATION

PLEASE REGISTER FOR CLASSES AND TRANSPORTATION AT LEAST 24 HOURS IN ADVANCE

Monday-Friday by calling or texting Life Skills Development Manager, **Rachael Matier**, at (505) 274-6311, Life Skills Coach, **Naileth Distefano**, at (505)274-6117, or Life Skills Coach, **Francisco Rodriguez**, at (505)313-3069. For additional questions feel free to contact Life Skills Academy Director, **Katie Hellebust**, at (505)803-2542 or at [khellebust@ndnm.org](mailto:khellebust@ndnm.org). To access an online calendar, please visit: <http://www.ndnm.org/programs-services/life-skills-academy/>

**SO, YOU WANT TO BE IN TLP?** *This is an informative session for all young people who are interested in New Day's transitional living program. **This class is required in order to have a first interview and will be held once a month.** Our program expectations and requirements will be explained. Come prepared with all of your questions!*

**Instructor: Laura Sanchez (New Day-Resource Navigator)**

**How to Buy and Maintain a Vehicle:** *Young people will learn how to buy and maintain a vehicle. **Instructor: John Clapp (Community Instructor)***

**Taking Good Care of Your Vehicle:** *In depth workshop on how to maintain your vehicle. Hands on. Learn to properly wash a vehicle. **Instructor: John Clapp (Community Instructor)***

**Pizza Ta Da!:** *Learn how to make a homemade pizza. **Instructor: Ernesto Maestas (LSA Community Instructor)***

**Six String Heart- Guitar Class:** *Learn to play Guitar. **Instructor: Francisco Rodriguez (New Day-LS Coach)***

**Hike for Health and Happiness:** *Join us for a foothills hike. Hiking is a free and easy source of exercise and is great for reducing stress. Please wear closed toe shoes and sunscreen. **Instructor: Rachael Matier (New Day-Life Skills Development Manager)***

**Vision Board Night:** *A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life. **Instructor: Babsy Sinandile (LSA Community Instructor)***

**LSA Social:** *This is a gathering for Life Skills Academy young people to eat, be social and build community. **Instructor: LSA TEAM!***

**Acu-Detox For Young People:** *This class will focus on healing with needles that help heal nerves connected to the brain and blood cells. This practice has been known to help with substance abuse, anxiety and other forms of body ailments. **Instructor: Sheila Ciminera (LSA Community Instructor)***

**Tennis Series:** *Tennis is a racket sport that can be played individually against a single opponent or between two teams of two players each. Come learn to play or brush up your skills( and most importantly come and have fun)*

**Instructor: Ernesto Maestas (LSA Community Instructor)**

**History of Pride:** *Learn the history of Pride. LGBT Pride commemorates the LGBT "tipping point" for the gay liberation movement in the United States. **Instructor: Adrienne Carian (New Day Staff)***

**Pride Planning Committee** *Would you like to join the pride parade planning committee? Come to the History of Pride Class to sign up for the closed planning committee that meets the following 3 weeks. This committee will be preparing and crafting for the pride parade. **Instructor: Adrienne Carian (New Day Staff)***

**Organization Station- Clear Head Clutter:** *Clear the clutter in your head and create a place to keep your appointments, lists, phone cords, etc organized. **Instructor: Torrey Standley (New Day-Therapist)***

**Let's Talk About Consent Baby:** *This presentation is designed to help students understand what consent means and how it can apply to real-life situations. They will also learn skills for communicating with their partners about consent, and identify local resources where they can receive support in communicating this with their partners in either current or future relationships. **Instructor: Planned Parenthood of the Rocky Mountains***

**Mental Health Awareness Day:** *Bernalillo County & the City of Albuquerque welcomes the community, behavioral healthcare providers and nonprofits to participate in the Bernalillo County Mental Health Awareness Day on May 21 from 10 a.m. to 1 p.m. on **Civic Plaza.***

**Resume and Interview Workshop:** *Learn how to create a resume that sticks out along with interview do's and don'ts. **Instructor: Francisco Rodriguez (New Day- Life Skills Coach)***

**Life Hacks Crafts.** *Want to learn some quick and easy life hacks that are easy to do, low cost, saves you time, and sparks creativity? By tweaking little things in your daily life, it can make your life much more convenient, one hack at a time! PLUS: Tour **YouthBLAST** and explore. **Instructor: Naileth DiStefano- (New Day- Life Skills Coach)***