


Life Skills Academy Calendar

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 <i>MOCK IT TILL YOU ROCK IT! EVENT PREP CLASS #1:</i> Learn About Resumes 4:30-5:30	4 <i>MOCK IT TILL YOU ROCK IT! EVENT PREP CLASS #2:</i> Interview Workshop 4:30-5:30	5 Art is Life 4:30-6:00	6	7
8	9 <i>MOCK IT TILL YOU ROCK IT! EVENT PREP CLASS #3:</i> Learn About YOU! 4:30-5:30	10 Art is Life 4:30-6:00	11 <i>MOCK IT TILL YOU ROCK IT! EVENT PREP CLASS #4:</i> Come Build Your Resume 4:30-6:00	12 Alcohol Server Training 1:00-5:00 (RSVP REQUIRED!) Yoga and Meditation 5:00-6:00	13	14
15	16 Acu-Detox 4:30-6:00	17	18 Mock It Til You Rock It! Event @ Hotel Chaco <i>Mock Interviews, Spark Exploartion, + Resource Fair</i> 1:30-5:00 See page 2 for registration details.	19 LSA Social- Make Some Beats Party 4:30-6:00 	20	21
22	23 Wanna be in TLP? 4:30-6:00	24 Taking Control of Your Health 4:30-6:00	25 Painting for The Soul 4:30-6:00	26	27	28
29	30 A Path To Self-Healing 4:30-6:00	31 Being Authentic 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 (505)274-6311. If you have questions or need additional assistance (outside of attendance and transportation requests, please email khellebust@ndnm.org. To access an online calendar, please visit www.ndnm.org/programs-services/life-skills-academy

Learn about Resumes: Resumes are a document that you list all your work experience and education for potential employers. Come learn about resumes. **Instructor: Valarie Oldhorn (New Day Life Skills Coach) (THIS IS PART OF THE “MOCK IT TILL YOU ROCK IT SERIES, you do not need to do whole series to attend)**

Learn about YOU! DISC profiles help you increase your self-knowledge, how you respond to conflict, what motivates you, what causes you stress, and how you solve problems. It can improve relationships, facilitate better teamwork, and teach productive conflict. Ultimately, the DISC provides a common language that people can use to better understand themselves and to adapt their behaviors with others. Come take the DISC and see what it reveals about YOU! **Instructor: Valarie Oldhorn (New Day Life Skills Coach) (THIS IS PART OF THE “MOCK IT TILL YOU ROCK IT SERIES, you do not need to do whole series to attend)**

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 (Community Instructor)**

Art is Life! Come create art and express yourself with local muralist and mentor Albert Rosales. **Instructor: Albert Rosales (Community Instructor)**

Interview Workshop: Come learn the best tips to prepare and shine at an interview. **Instructor: Valarie Oldhorn (New Day Life Skills Coach) (THIS IS PART OF THE “MOCK IT TILL YOU ROCK IT SERIES, you do not need to do whole series to attend)**

Come Build Your Resume: Come build your resume. **Instructor: Valerie Oldhorn (New Day Life Skills Coach) (THIS IS PART OF THE “MOCK IT TILL YOU ROCK IT SERIES, you do not need to do whole series to attend)**

Mock It Till You Rock It Event: Spark Exploration, Mock Interviews, + Resource Fair As part of Governor Michelle Lujan Grisham's initiative to increase Youth Career and College Readiness Opportunities, the New Mexico Department of Workforce Solutions and New Mexico Workforce Connection Centers have encouraged and supported making this event happen! **What to expect at the event:** SPARK EXPLORATION is something that gives you joy and energy. It's what gets you up in the morning. It gives your life hope, direction, and purpose. Learn about COMMUNITY RESOURCES that offer opportunities to explore your Spark! MOCK INTERVIEWS will be happening on the spot for young people to practice interview skills, receive positive feedback, and build confidence for the next real-world interview! For extra preparation, attend any of the job readiness classes held at the Life Skills Academy in March leading up to the event. For more information, contact Pam Adams at padams@ndnm.org. To register for event, please go to www.ndnm.org, click on the event banner flashing at the top of the page, and click the Register for this event link.

Yoga and Meditation- a self-exploration combining a journaling process, a short yoga practice, visualization and closing conversation. **Instructor: Lemonade- A Yoga Program (Community Instructor Sandy Till)**

LSA Social: This is a gathering for Life Skills Academy young people to eat, be social and build community! Come make some beats with special guests from **NM Jazz**. **Instructor: (LSA Team)**

“A Path to Self-Healing” Men’s Group: This class will focus on healing for young men. **Instructor: Jacques Leccia (Community Instructor)**

Taking Control of Your Health - The goal of this class is to empower you to make healthy choices and give you some life-saving skills. Please join us for a training on reversing heroin and other opioid overdoses using Narcan. **Instructor: (UNM Health Medical Students)**

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: Jordan Peterson (New Day Resource Navigator)**

Being Authentic: Come join the conversation! Let's talk about authenticity and why being yourself is so important. We will be using researcher and social worker Brene Brown's curriculum. **Instructor: (Rachael Matier- Community Instructor)**

Alcohol Server Training: Anyone who serves alcohol, sells alcohol, or manages a liquor licensed premise in New Mexico must become Alcohol Server Certified. Come to our training and have a chance to get certified. Class is for young people 19 and older. **Please RSVP by March 6th by contacting Pam Adams at 505-903-8369 or email padams@ndnm.org.** **Instructor: Brianna Dennis (Community Instructor)**

Painting for the Soul: Come get creative and paint. See what your soul inspires. **Instructor: Michelle Korte (Community Instructor)**