



# LIFE SKILLS ACADEMY

## AUGUST CALENDAR



'The Space' Drop-In Center address for in person classes: 142 Truman St. NE 87108

Please RSVP for classes by filling out a first-time visitor form.

If you have questions regarding programming please call Stasia at 505-288-5178 or email [ssandoval@ndnm.org](mailto:ssandoval@ndnm.org)

m	t	w	t	f
2 Nutrition 330pm (Zoom)	3 Beats 101 330pm	4 Vision Boards 3pm	5 Financial Literacy 330pm	6 Back to School Social 2-4pm
9 Art is Life! 330pm (Zoom)	10 Beats 101 330pm	11 Art Therapy 3-430pm	12 Job Readiness 3pm	13 Intro to taxes 330pm
16 TLP Class 330pm (Zoom)	17 Beats 101 330pm	18 How do I? 3pm	19 Art is Life! 3pm	20 Yoga 3pm
23 Nutrition 330pm (Zoom)	24 Beats 101 330pm	25 Art Therapy 3-430pm	26 Housing Ed 3pm	27 Yoga 3pm Boxing 430
30	31 Beats 101 330pm			

### In Person classes at 'The Space' Drop In Center

#### Art is Life! with Albert

Come express yourself through art, music, dance, and other forms of creativity and culture with local muralist and mentor Albert Rosales.

#### Beats 101: Music Production with NM Jazz

Learn to make beats, record music, write song lyrics and everything else that goes in to composing and creating music.

#### Housing Education with Kit

Renter Readiness  
Preparing and searching for housing. Applications and leases. Landlord-tenant relations

#### Back to School Social

Calling all young people ages 12-22 to join us at our Drop-In Center to gear up for the upcoming school year! Food, educational resources, and activities will be provided.

#### Intro to Art Therapy with Gabby

Exploring your inner world through image, song, and movement!

#### Financial Literacy with Nusenda

Basics of Budgeting, Saving, Credit and Debt. Plus how to save for Emergencies.

#### Job Readiness with Nick

Join Nick Tollardo, Life Skills Coach and learn how to interview like a champ and the basics of being in the work place!

#### Vision Boards with Desiree & Gabby

It can be a poster board, planner page, or cork used to help clarify what truly matters and inspires you. This can consist of things such as pictures, favorite quotes, text, cards, etc. Materials are provided but feel free to bring anything you'd like to add.

#### Intro to Tax Documents

Come learn basic tax terms and documents such as filling out a W-4 or I-9. We will also go over payroll deductions and an overview of completing a 1040 tax return!

#### How do I? with Desiree

Join Desiree Jackson, Life Skills Coach to participate in a special workshop to help with goal identification and skill building. This class will be focused on youth interest and needs.

#### Yoga for Learning Improvement with Sandy

A self-exploration process combining journaling & yoga.

#### Boxing for Self Defense

Come ready for a good workout and learn the basics of boxing for self-defense with Codi and Luke from Powerplant Boxing.

### Online Zoom Classes

#### Nutrition Education with NMSU ICAN

8/2 - Salt Busters - You might be surprised how easy it is to consume more than we need of this necessary mineral. Together, let's explore facts and investigate strategies so you can develop a personal plan to keep your sodium intake in check.

8/23 - Got Your Dairy Today? - It's more than just milk! Let's explore together both dairy and non-dairy sources of the mineral calcium essential for building and maintaining those bones & teeth.

#### Want to be in TLP?

Informative session for all young people (ages 17-21) who are interested in New Day's transitional living program.