

# October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> Training Center 10am-1pm Mobile Health Clinic 10-2 PM 1:1 Budget Counseling 10-1	<b>3</b> Training Center 10am-1pm	<b>4</b> Training Center 10am-1pm 1:1 Budget Counseling 12-3	<b>5</b> Training Center 10am-1pm 1:1 Budget Counseling 12-3	<b>6</b>
<b>7</b>	<b>8</b> Training Center 10am-1pm 1:1 Budget Counseling 10-1	<b>9</b> Training Center 10am-1pm 1:1 Budget Counseling 10-1	<b>10</b> Training Center 10am-1pm Financial Empowerment 6pm to 8pm	<b>11</b> Training Center 10am-1pm 1:1 Budget Counseling 12-3	<b>12</b> Training Center 10am-1pm 1:1 Budget Counseling 12-3	<b>13</b>
<b>14</b>	<b>15</b> Training Center 10am-1pm 1:1 Budget Counseling 10-1	<b>16</b> Training Center 10am-1pm Mobile Health Clinic 10-2 PM 1:1 Budget Counseling 10-1 Good Nutrition 1-2 PM	<b>17</b> Training Center 10am-1pm De-Stressing Through Art 7-8 PM	<b>18</b> Training Center 10am-1pm 1:1 Budget Counseling 12-3	<b>19</b> Training Center 10am-1pm 1:1 Budget Counseling 12-3	<b>20</b>
<b>21</b>	<b>22</b> Training Center 10am-1pm 1:1 Budget Counseling 10-1	<b>23</b> Training Center 10am-1pm 1:1 Budget Counseling 10-1	<b>24</b> Training Center 10am-1pm Smart Cooking 7-8 PM	<b>25</b> Training Center 10am-1pm 1:1 Budget Counseling 12-3	<b>26</b> Training Center 10am-1pm 1:1 Budget Counseling 12-3 Resume Writing 10:30-12:30	<b>27</b>
<b>28</b>	<b>29</b> Training Center 10am-1pm 1:1 Budget Counseling 10-1	<b>30</b> Training Center 10am-1pm Mobile Health Clinic 10-2 PM 1:1 Budget Counseling 10-1	<b>31</b> Training Center 10am-1pm	<b>Coming in November!</b> Step-Up Ministries is sponsoring a comprehensive week-long training session to help you find employment (resume, interviewing, networking, job etiquette, employment counseling, and more!) Breakfast, lunch and childcare provided! November 12-15 (9:00 – 3:30) Registration Required.		

*Learn strategies for surviving on a tight budget, ways to repair your credit score and more!*

**Ask about our Professional Resume**

**Take Care of Yourself with the Help of UNC Nursing!**

- Receive free advice for chronic diseases in their mobile clinic.
- Attend a discussion session of helpful hints toward Good Nutrition

**Join Our Smart Cooking Group!** – Learn about ways of making healthy and inexpensive meals – free groceries to prepare the recipes showcased.

**Get Resume Help from a Professional!**

**For more info: ask in the Crisis Ministry, email [clientservices@dorcascary.org](mailto:clientservices@dorcascary.org)  
Please call 919-469-9861, ext 204 to register for all classes.**