

NEW YEAR NEW YOU

Leap to Success

January 16, 2024 – February 20, 2024

Transform Lives with Leap to Success: When you believe, change happens.

Join us in LTS's celebratory 100th program that will help women:

- Replace negative self-talk and limiting beliefs
- Better manage stress
- Improve your communication skills
- Pursue your dreams for work or school and
- Build healthy relationships

*Women only and registrant will need a case worker referral.

Upon completing the program, graduates will receive a certificate.

Goodwill

February 27, 2024 – March 26, 2024

Women and Men get Workplace Ready with Goodwill's Job Readiness Program:

- Mastering the Interview
- Excelling in Workplace Communication
- Navigating Online Job Applications
- Perfecting Your Resume
- Resolving Conflicts Effectively

Tuesdays 10am-12pm

Location: Your Safe Place

1122 Broadway, Suite 200

San Diego, CA 92101

Parking validation included

Free child care

RSVP:

Delilah

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