



WORKSHOP SCHEDULE for SEPTEMBER – DECEMBER 2017

WHEN: Every Thursday (unless otherwise notified)

WHERE: Resident Resource & Training Studio (330 15th Avenue, 61104)

TIME: 11:00AM & 1:00PM

(1st Session: 11:00AM – 12:00PM → **LUNCH** → 2nd Session: 1:00PM – 2:00PM)

**Those who attend both morning and afternoon sessions will receive a light lunch in between

SEPTEMBER 2017

- **Thursday, September 14th – 11AM to 2PM:** ReBuild Open House
- **Thursday, September 21st – 11AM:** “How to be Smart with Your Money” / **1PM:** “Credit: What Is It, How Do I Fix It? How to Increase Your Score!”
- **Thursday, September 28th – 11AM & 1PM:** “Eating Healthy on a Budget”

OCTOBER 2017

- **Thursday, October 5th – 11AM & 1PM:** “Personal Empowerment & Goals”
- **Thursday, October 12th – 11AM & 1PM:** “Developing Your Professional Portfolio”
- **Thursday, October 19th – 11AM:** “Banking 101” / **1PM:** “Credit Cards and Loans”
- **Thursday, October 26th – 11AM & 1PM:** “Planning to be a Homeowner”

NOVEMBER 2017

- **Thursday, November 2nd – 11AM ONLY:** “Organizing to be Organized”
- **Thursday, November 9th – 11AM & 1PM:** “Developing Skills for Leaders”
- **Thursday, November 16th – 11AM:** “15 Tips to the Life You Want” / **1PM:** “Protecting Yourself from Identity Theft”

DECEMBER 2017

- **Thursday, December 7th – 11AM & 1PM:** “Stress, It’s Effects & Coping”
- **Thursday, December 14th – 11AM:** “Debt: How to Save and Get Free of Debt” / **1PM:** “Creative Ways to Save”

To register for ReBuild Workshops, please complete the online registration form at the link here <https://goo.gl/forms/nvulyngjHXoEuw153> OR complete the paper copy attached and send to Meggi Aspengren via e-mail at maspengren@rockfordha.org.

*The ReBuild Registration Form only needs to be completed once by the resident for overall registration, not for every single workshop interested in

*Indicate which workshops/dates you are interested in attending within notes section on the online registration form (link) or within e-mail on paper form copy
