

## February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Training Center 10am-1pm	<b>2</b>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">                     1:1 Budget Counseling available by appointment on select dates. Call (919) 469-9861 x 204 to schedule an appointment                 </div>						
<b>3</b>	<b>4</b> Training Ctr. 10am-1pm  1 : 1 Budget Counseling 10-1	<b>5</b> Training Center 10am-1pm <b>Mobile Health Clinic 10-2</b> Budget Counseling 10-1	<b>6</b> Training Center 10am-1pm	<b>7</b> Training Center 10am-1pm 1 : 1 Budget Counseling 12-3 <b>JOBS for LIFE Starts!</b>	<b>8</b> Training Center 10am-1pm 1 : 1 Budget Counseling 12-3	<b>9</b>
<b>10</b>	<b>11</b> Training Ctr. 10am-1pm  1 : 1 Budget Counseling 10-1	<b>12</b> Training Ctr. 10am-1pm <b>Mobile Health Clinic 10-2</b> 1 : 1 Budget Counseling 10-1	<b>13</b> Training Center 10am-1pm <b>Financial Empowerment</b> 6 - 8 PM	<b>14</b> Training Center 10am-1pm 1 : 1 Budget Counseling 12-3	<b>15</b> Training Center 10am-1pm 1 : 1 Budget Counseling 12-3	<b>16</b>
<b>17</b>	<b>18</b> Training Ctr. 10am-1pm  1 : 1 Budget Counseling 10-1	<b>19</b> Training Center 10am-1pm <b>Mobile Health Clinic 10-2</b> Budget Counseling 10-1 <b>Eat Smart</b> 1-2 PM	<b>20</b> Training Center 10am-1pm	<b>21</b> Training Center 10am-1pm 1 : 1 Budget Counseling 12-3	<b>22</b> Training Center 10am-1pm <b>Interview Skills</b> 10:30 - 12:30  <b>Pizza and Parenting!</b> 6:30 - 8:00	<b>23</b>
<b>24</b>	<b>25</b> Training Ctr. 10am-1pm  1 : 1 Budget Counseling 10-1	<b>26</b> Training Ctr. 10am-1pm <b>Mobile Health Clinic 10-2</b> 1 : 1 Budget Counseling 10-1	<b>27</b> Training Center 10am-1pm <b>Smart Cooking</b> 7-8 PM	<b>28</b> Training Center 10am-1pm 1 : 1 Budget Counseling 12-3		

**Pizza and Parenting** – 6 week course/Friday evenings. Bring your spouse or significant other! Drop-In childcare provided.

**Eat Smart** - Nutrition class taught by UNC Nursing – gift card given to each student.

**Interview Skills** – Learn what to say and what NOT to say!

**Smart Cooking** – Healthy and inexpensive recipes - Free groceries to make recipes at home.

For more information or to register for upcoming classes: Ask in the Client Services, email [clientservices@dorcascary.org](mailto:clientservices@dorcascary.org) or call 919-469-9861, ext 204