



Lopez Island Family Resource Center's Fall 2017



Employment and Life Skills Brochure

Tuesdays After-School at Lopez Library Library Staff

This fun and educational program for 1st-5th graders is in conjunction with Lopez Library. It includes healthy snacks, reading, science and engineering, arts and crafts, games, homework help and more. Fee: \$12 per Tuesday (add \$5 if registering less than a week in advance)

Meets: Tuesdays starting 9/19 Time: 2:30-4:00 PM

Excel Spreadsheets Coaching Greg Allott

Address your specific spreadsheet needs - from beginners creating basic spreadsheets to experienced users interested in more complex features. Sign up for a no-cost half hour meeting to discuss your needs, and then if interested up to 3 hours of individualized coaching for \$30 minimum contribution. You'll be contacted to setup an appointment after registering.

Meets: By appointment, starting in October Max. 4

Location: Lopez Island Family Resource Center

Market Momentum Roundtable for Artists

With Claudia Bach of AdvisArts. Join fellow artists in this small group session focused on energizing and finessing your approach to getting your work out into the world. We will build on components explored in the March 2017 workshop, diving more deeply into the specifics for each of the participants. Targeted strategies and tactics for taking action relevant to each artist's work will be explored in a supportive environment. Please call for instructor approval if interested and did not attend the March 2017 workshop.

Fee: \$40 Max. 10

Meets: Tuesday, 10/3

Location: Lopez Library Time: 4-6 PM

Primer in Accounting Helen Cosgrove

An explanation of accounting basics to help the business owner and/or bookkeeper better understand how to properly record their business activity in their accounting software.

Fee: \$20 if paid by 10/4, \$25 thereafter Max. 10

Meets: Saturday, 10/7

Location: Lopez Library Time: 10 AM-12 PM

Conversational Spanish for Beginners

With instructor Katherine Castianeda. Heading to a Spanish speaking country this fall or winter? Katherine will help you spruce up your crucial vacation vocabulary. Geared for those with little or no exposure to the Spanish language. Max. 10

Fee: \$40 if paid by 10/13, \$45 thereafter

Meets: 3 Mondays & 3 Wednesdays, starting 10/23

Location: Grace Church Hall Time: 5:30-6:45 PM

Emergency Preparedness

With Nathan Donnelly, Reverence Permaculture

A comprehensive class on preparing your home and family for emergencies. Attendees will learn how to make a disaster plan, assess their needs, supply for emergencies, assemble always ready emergency kits, decide if and when to evacuate, and how best to maintain contact with loved ones. There will be hands-on opportunities to explore types of emergency kits. Leave with materials to help with preparation and action plans, as well as a clear understanding of how to handle disaster, be it personal or regional, when it comes your way.

Fee: \$15 if paid by 10/18, \$20 thereafter

Meets: One Saturday, October 28

Location: Lopez Library Time: 10 AM-2:30 PM

QuickBooks Coaching or Training Kelly Thompson

Kelly is an Intuit Pro Advisor helping with your specific QuickBooks questions. Individual consultations available in hour increments tailored to your needs, from beginners setting up a bookkeeping system to advanced users needing coaching. You'll be contacted to set up an appointment after registering.

Fee: \$45 for each 1 hour session scheduled at least 1 week in advance, \$55 afterwards (Note: Limited Slots!)

Meets: Monday, October 30

Location: Lopez Island Family Resource Center

Japanese Cooking Class (Part II) Marney Reynolds

Look into the Japanese methods of steaming (musu) and simmering (niru). These methods are a welcoming way to cook during the Autumn/Winter months - warming, inviting and oh so delicious! Our menu will consist of: Shumai - Japanese-style steamed shrimp dumpling; Chawan Mushi - steamed savory custard; and Chikuzen - chicken simmered with lotus root and bamboo shoot. No prior class attendance required.

Fee: \$30 if paid by 10/25, \$35 thereafter Max. 10

Meets: One Saturday, 11/4

Location: Instructor's Home Time: 12-2:30 PM

Movie Discussion: Captain Fantastic Katherine Bryant

Come explore the topics of parenting, loneliness, returning home, education and travel in the movie Captain Fantastic. It is through viewing the film and discussing in community that we will find many similarities to the world we reside in here on Lopez. This film has a fantastic soundtrack. It will keep you both on the edge of your seat and stunned in silence and tears.

Fee: \$3 recommended donation at door Max. 15

Meets: Sunday, 11/5

Location: Lopez Library Ages: 16-Adult Time: 3-6 PM

A Holistic Approach to Stress

Susie Teague

In this workshop with Susie Teague, a Reiki and Neurological System Integration (NIS) practitioner, develop a deeper understanding of your stress and its contributing factors, and learn how to address your stress in a way that promotes inner peace and better physical health. Learn about the science of stress and the impact it may have on you, and discover simple techniques to alleviate chronic and acute stress at the physical, mental and spiritual levels.

Fee: \$25 if paid by 11/1, \$30 thereafter Max. 10

Meets: Saturday, 11/11

Location: Grace Church Hall Time: 9 AM -12 PM

Movie Discussion: The Departures

Katherine Bryant

A young musician takes a job preparing people for burial in his hometown in Japan. What follows is a poignant look at the preparation and process of death as he discovers a varying vocation. We will discuss the process of music, changing vocations, leaving family and becoming a family once again, the role of friendship and mentorship and delighting in the process of surprise.

Fee: \$3 recommended donation at the door Max. 15

Meets: Sunday, 12/3 Ages: 16-Adult

Location: Lopez Library Time: 3-6 PM

Tax Preparation for Low Income Lopezians

Rich Youde

Tax preparation is available for Lopezians that qualify for the Earned Income Tax Credit (EITC) and for low-income seniors. To qualify, you must have earnings from self-employment, wages, salaries, tips, certain disability payments, or other taxable employee pay. This is waived for low-income seniors. Call LIFRC starting 1/15 (468-4117) to make an appointment.

Fee: \$10 per tax return Max: 10

More Support Services

Small Business Peer Mentoring: Owners of existing small businesses meet monthly in a small group setting to discuss areas of mutual interest to their business operations. A great opportunity to network, share ideas with peers, and help meet your business goals. Contact Patsy Haber if interested in learning more.

One-on-One Business Consults

Rich Youde

An opportunity for potential or existing small businesses to get professional individualized advice. Our popular business coach can strategize ways to move your business forward. You'll be contacted for an appointment after registering. Nominal sliding scale fee; \$10 minimum contribution.

English Language Learners (ELL)

Dandy Porter

Inglés para la vida diaria (English for Daily Living)

Meets: Tuesdays and Fridays, starting 10/10

Location: Grace Church Hall Time: 9:15-10:15 AM

Tech. Lab: Equipped with PCs, Macs, internet, scanner, printer & fax. Open M.-Th. 9 AM-4 PM, F. 9 AM-1 PM

Upcoming Events

Parent/Tot Group: A social group for parents and kids (ages 0-3). Every other Tuesday from 10:30-11:30 AM at Grace Church Hall starting 10/10.

Gleaning Events: Volunteers pick fruit identified by orchardists as surplus, and this fruit helps to support the Lopez community. To join in the fun as a volunteer gleaner, please contact Dixie Budke at dixiebudke@gmail.com

Employment and Life Skills Workshops Registration



Most classes require pre-registration. There are three different ways to register:

Online: Go to www.lifrc.org and click "Register for Classes." Credit or debit card required.

Mail: Send registration form and payment to LIFRC, PO Box 732, Lopez Island, WA 98261.

Stop by our office: LIFRC, 160 Village Road. Mon.-Th. 9-4, Fri. 9-1. Questions? Call: 360-468-4117

REGISTER EARLY! Workshops filled on a first-come first-served basis with limited spaces. You're enrolled upon receipt of registration and payment. Refunds available until 10 days before workshop less a \$10 service fee. You'll hear from us if the workshop is full or if there is a change in the program. Classes have enrollment minimums which must be met. We reserve the right to cancel classes and will issue a full refund if this occurs. Please inform us in writing if you do NOT want your photo from classes used for promotional purposes.

Name: _____ Email: _____

Address: _____ Phone: _____

Course Title:	Fees:
Additional Tax-Deductible Donation	\$
Total of All	\$

Please note that we offer these workshops below actual costs. Your tax deductible donation will help enrich and grow our community! Donations can be made by including in registration or via PayPal on our website at www.lifrc.org.