



Employment and Life Skills Brochure

Winter/Spring 2016

Lopez Island Family Resource Center



Marketing Mondays

Monday mornings at the Family Resource Center. One on one business marketing consults/coaching with Rich Rice. Initial consult is free; then nominal sliding scale fee for ongoing consults. Register online or check with LIFRC for available dates.

A Taste of Persia Cooking Class

Parvin Baharloo

Immerse yourself in one of the world's oldest cuisines as you prepare an authentic Persian meal using fresh, local ingredients. Instructor is a native of Iran (turned Lopezian) and loves sharing cooking and stories from her homeland. We'll end by gathering around the dinner table to share the feast.

Fee: \$40 until January 18, \$45 thereafter

Meets: Saturday, February 6

Location: Instructor's Home

Max: 8

Time: 10:30-1:00

Conversational Spanish for Beginners

A class for those with little or no exposure to the Spanish language who want to learn basic pronunciation, cultural expressions, and conversational starters with instructors Alaya Battalia, Veronica Ramirez and Catalina Sandoval.

Fee: \$40 if paid by 2/1, \$45 thereafter

Meets: 6 Thursdays, starting February 11

Location: Grace Church

Max: 10

Time: 5:15-6:30PM

QuickBooks Coaching or Training

Kelly Pederson

Intuit Pro Advisor, Kelly, will help you with your specific QuickBooks questions. Individual consultations available in one hour increments tailored to your specific needs – from beginners wanting to setup a bookkeeping system to advanced users needing coaching. You'll be contacted to setup an appointment time after registering.

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

Meets: Mondays, 2/8 & 3/21

Location: Lopez Island Family Resource Center

Time: First appointment will be at 10:15

Learning to Draw

Sylvia Chesley Smith

Anyone can learn to draw. If you can write your name, you have the motor skills to draw! What is needed is to learn how to see. In this class you will learn how to shift to a particular way of seeing so that you can enjoy the process of creating a realistic image in your own style.

Fee: \$30 if paid by 2/13, \$35 thereafter

Meets: 3 Tuesdays, starting 2/23

Location: Grace Church Hall

Time: 1:00-3:00

Baking Brioche in the French Tradition

With Marney Reynolds. Tired of serving toast for breakfast?! This class will focus on creating a yeasted, somewhat sweet, pastry dough, using traditional baking forms as well as what is available in your kitchen. You'll learn many hints and see how easy it is to bake this beautiful and truly delicious French pastry. Together we will mix, form, bake and sample. Breakfast never tasted so good!

Fee: \$25 until February 24, \$30 thereafter

Meets: Saturday, March 5

Location: Instructor's Home

Max: 10

Time: 12:00-2:30

QuickBooks Tips and Tricks

Kelly Pederson

Learn tips to better utilize QuickBooks from our Intuit Pro Advisor. Topics covered include customizing reports, using memorized transactions, three ways to find anything, easing the pain of reconciling, bank downloads, and more if there's time. What would you like to know? Questions and brown bag lunches welcome!

Fee: \$15 if paid by 3/11, \$20 afterwards

Meets: Monday, March 21

Location: Lopez Island Library

Max: 10

Time: 12:00-1:30

Self Defense (2 classes!)

Ronni Klompus & Janet Miller

Home Alive instructors Ronni Klompus and Janet Miller have been teaching self-defense and boundary setting workshops for over a decade. Their interactive two-hour workshops will address boundary setting, basic strikes and target points, safety planning, and using your voice effectively in a variety of scenarios. Home Alive's unique and engaging curriculum, developed by a talented instructor collective, focuses on self-defense as a community issue and works to build up participants' toolboxes of useful skills. For more info, please visit www.teachhomealive.org.

Fee: \$15 before 3/24, \$20 thereafter

Adults: Meets Saturday, April 2, 1:30-3:30

Teens Ages 13-18: Meets Sunday, April 3, 11:00-1:00

Location: Midnight Farm Down Dog Studio

Composting Is Easy

Liz Scranton

Any one can compost. Learn how to create your own backyard composting system! You'll be taught simple, low-tech composting methods to yield high quality compost that you can use in your garden. This class will teach you easy ways to compost yard and household waste. You'll also learn about Worm composting. Please bring a brown bag lunch.

Fee: \$20 before 4/13, \$25 thereafter

Meets: Saturday, April 23

Location: Instructor's or Student's House

Max: 8

Time: 9:00-4:00



More Support Services

Small Business Support



Want to run a business question by someone? Need assistance with a tax return, business software, or preparing a business plan? Call Patsy Haber and we'll try and connect you with the resources to meet your needs. Fee varies based on needs, sliding scale options.

Talk Time with Rich Rice

Stop by and practice your Spanish in a relaxed one-to-one atmosphere. English speakers will provide English language support while also picking up on Spanish through informal conversation / En TalkTime se le proporcionará la oportunidad de practicar hablando ingles en un ambiente relajado de uno a uno. Includes childcare; Habra cuidado de niños. Fee: Free

Meets: 8 Wednesdays, starting 1/13

Location: Vortex Time: 6:00-7:00PM

Technology Lab

The LIFRC has a technology lab equipped with PCs, iMac, Wifi, scanner, printer & fax. Lab hours are Mon.-Thur. 9:00-4:00 and Fridays 9:00-1:00.

Inglés para la Expresión Personal with Dandy Porter
 ¡Ven a aprender como expresarse mejor en el inglés cuando está en la escuela, en el supermercado, en reuniones, o con amigos! Si quiere inscribirse en las clases de inglés, o para más información, póngase en contacto con el Family Resource Center a 468-4117, o pase por la oficina. Free!

Meets: los martes y viernes; 5 de enero a 27 de mayo.
 Location: Biblioteca de los martes; Grace Church los viernes Time: 9:15-10:30AM

Tax Preparation for Low Income Individuals & Families with Rich Youde

Tax preparation available in February for individuals or families that qualify for the Earned Income Tax Credit (EITC) and for low-income seniors. To qualify for the EITC, you must have earnings from self-employment, wages, salaries, tips, certain disability payments, or other taxable employee pay. This requirement is waived for low-income seniors. Call Patsy or Heather at the Lopez Island Family Resource Center (468-4117) to schedule an appointment or to learn more details!

Fee: \$10

Meets: Tuesdays and Fridays

Max: 10

Location: LIFRC

Employment and Life Skills Workshops Registration



All 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. Monday-Friday, 9:00-4:00 Questions? Call: 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.