

CHEC FRC Calendar August-December 2017

Community Education

Incredible Years: Parenting Your 3-12year old

Learn techniques to increase positive parent-child interactions, tools for responding to common attention getting behaviors, strategies to foster a child's attention, social skills and self-esteem.

Time: 5:30 - 7:30 p.m.

Dates and Location:

Tuesdays, July 18, 2017-September 12, 2017

Childcare: Yes

Skills for Life (Spanish)

If you are faced with difficult circumstances and wondering if there is a better way to manage them, come learn about self-esteem, anger management, communication, depression, anxiety and healthy relationships.

Times: 5:30-7pm

Dates and Locations:

Wednesday September 6, 2017 at CHEC

Childcare: Yes

Personal Empowerment Program (PEP)

A 10 week, court-approved, educational program designed for victims of domestic violence that provides support towards ending the cycle of abuse. For more information or to register, please call (949)757-3635.

Time

5:30-7:30pm

10am-12pm

Dates

Wednesdays, July 12-September 13

Thursday, September 7-November 9

Language

Spanish

English

Childcare: Yes

Support Groups

Knitting Group (Spanish)

This support group is for women interested in stress management, community building and learning knitting-no experience needed

Time: 11-12pm

Dates and Location:

CHEC FRC, Every Tuesday

Childcare: No

Workshops

Saddleback College Workshop Series (Spanish and English)

Learn more about opportunities at Saddleback College including: educational programs, financial aid, degrees and certificates, ESL classes and more.

Time: 3-4pm

Dates & Location: Wednesday, September 6, 2017, October 4, 2017, November 1, 2017 at CHEC

Childcare: Yes

The Rx Project (Spanish)

Teens get high on prescription drugs because they think these drugs are safe. In reality, abusing prescription (Rx) drugs can be just as dangerous as street drugs. Receive education about the problem of Rx drug abuse; ways to prevent and skills to effectively safeguard medications at home.

Time: 5:30-6:30pm

Dates & Location: Thursday, September 7, 2017 at CHEC

Childcare: Yes

Healthy Marriage Class (Spanish)

Topics include: personality, expectations, communication danger signs, listener-speaker technique, exploring hidden issues, financial planning, establishing financial goals. Space is limited! Clients that complete all the classes receive a \$100 gift card.

Time: 5:30-7:30pm

Dates & Location: Wednesday, November 22, 2017 to Wednesday, February 28, 2018 at CHEC

Childcare: Yes

Domestic Violence-Legal Service

Restraining Order Assistance

Human Options is offering assistance and information regarding the restraining order process, court preparations and safety planning for court. For more information or to make an appointment please call (949) 757-3635.

Location and Time:

Every Thursday at SOC from 1:30-7:30pm

Every 1st Wednesday of the month at CHEC from 11:30am-5:00pm

Cost: \$10 intake fee

Free Immigration Clinic

Human Options' Immigration Clinics offer clients the opportunity to sit down with an experienced Immigration attorney for 20-30 minutes and discuss the immigration relief options that may be available to them as a survivor of domestic violence.

Location and Time:

2nd Monday of every month at CHEC from 5:00-8:00pm

4th Thursday of every month at SOC from 5-8pm

Cost: Free

YOUTH PROGRAMS

Children's Empowerment

A program for children in 1st-8th grade. This program is designed to help children express creativity and develop art skills. Topics include: self-esteem, friends, family, feelings and safety.

Time: 2-3:30pm

Dates and Locations:

Tuesdays, September 5- October 17 at CHEC

Childcare: N/A

Safe Dates

Safe Dates is a research-based education and prevention curriculum for all teens in 7th-12th grade. Topics include: Healthy relationships, conflict resolution, dating abuse prevention, why people abuse, helping friends, communication and more

Time: 5:30 – 7:00 pm

Dates and locations: Tuesdays September 5, 2017-October 17, 2017

Childcare: N/A