

Attention HHP members: Verifications and/or internet packets are due by Friday, **August 31**.

On-Site Events

These events are held at the fellowship hall (upstairs) of the John Knox Presbyterian Church, 9104 Westport Road. Must register for workshops. Please call **Shiny at 502-426-2824, x306** or **Ext. 310** to register.

TIPS AND TRICKS TO EASY FOOD PREP: Led by June Dean

Tuesday, 8/8, 11am-12pm

MENTAL HEALTH AND WELLNESS: Led by Shiny Varughese

Tuesday, 8/15, 11am-12pm (Please call to RSVP)

EXPLORE YOUR INTEREST IN-PERSON: Led by Clif Romth

Tuesday, 8/22, 11am-12pm (Please call to RSVP)

CRAFTS WITH LUCY: Led by Lucy Quesberry

Tuesday, 8/29, 11am-12pm (Please call to RSVP)

EACM WOMEN'S SUPPORT GROUP:

Thursday, 8/17, 6:30-7:30pm. Must contact Shiny to join and must RSVP.

If you are unable to attend any In-Person events, you have the option of picking up an Internet Packet. Please ask someone at the front desk or ask Shiny for assistance.

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Multicultural Community Services

Several of these events take place off-site, not at the EACM office. Please note event locations.

Free English Classes (ESL), citizenship test preparation, and support groups

In-person classes are located at Springdale Presbyterian Church, 7812 Brownsboro Rd., Louisville, KY 40241. **Must register to join. Call Paty Robles for more information at 426-2824, x300.**

Latina Women's Group

Tuesday, August 22, 6-8PM (Please call Paty for more information)
(4th Tuesday of every month)

Citizenship Test Preparation

Call Paty Robles for information at 426-2824, x300

NEW: Childcare is now available during in-person morning classes.

English Class Schedule (ESL)

MONDAY 10 - 11:30 AM	MONDAY EVENING 6:30 - 8 PM	TUESDAY 10 - 11:30 AM	TUESDAY EVENING 7 - 8 PM	WEDNESDAY 10 - 11:30 AM	FRIDAY 9 - 10:30 AM
Virtual (Zoom) Intermediate Advanced	Virtual (Zoom) Intermediate	Virtual (Zoom) Conversation Class - Intermediate - Advanced	In-Person Beginners	Virtual (Zoom) Intermediate Advanced	Virtual (Zoom) Beginners
In-Person Beginners Intermediate				In-Person Beginners Intermediate	

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Off-Site Opportunities

These community events are sponsored by outside groups and are held at various locations. Unless otherwise noted, these events are free.

HEALTHY COOKING CLASS AT MIDDLETOWN SDA CHURCH

Come learn about ways to cook healthy meals for one or for the family. There is a **\$5 entry fee** to attend. Samples will be provided. Please ask Shiny to registration details.

Address: 125 N. Watterson Trail, Louisville, KY 40243

Time: 6-7pm

MENTAL WELLNES WORKSHOP OFFERED AT NOTHEAST CHRISTIAN CHURCH

On the first Tuesday of each month, Northeast Christian Church will gather for a Mental Wellness Workshop. Through teaching, small group discussion, and personal reflection, tools you can integrate into your life right away. Please call Shiny for more details.

MAMA MATTERS

Family Support of Catholic Charities of Louisville offers a space where mothers with children birth to five can meet, socialize, and support one another through the joys and challenges of motherhood.

Now Virtual! Group meetings on the 2nd and 4th Thursday from 11:00 AM - noon.

For more information or to register, contact Cydnei Dean.

Email- cdean@archlou.org, Office- 502-637-9786 x 306

Cell (text available)- 502-649-5569

Attn: Please let Shiny know if you plan on attending these meetings.

MOTHER INFANT CARE

Catholic Charities of Louisville is offering a 6-week course covering a variety of topics related to pregnancy and newborn care. Upon completion of the course, participants can select a brand-new item such as a crib, car seat, pack-n-play and more! Other baby items are offered throughout the program.

To be eligible, you must be pregnant or have given birth in the last three months. This program is currently offered virtually. **RSVP Required. Contact Cydnei Dean at 502-637-9786.**

Attn: If you attend at least 4 out of the 6 week classes it will count for 3 months of HHP participation. Please see Shiny for more details.