

Monday	Tuesday	Wednesday	Thursday
<p>Teen & Women's Health: ask a nurse 5pm - 7pm <i>STD screenings, pregnancy tests, counseling, contraceptives. (Exámenes y consejos de salud para mujeres y adolescentes)</i></p> <p>MSMs of the Treasure Coast 5:30pm - 7:30pm <i>A support group for MSM's that fosters conversation and community.</i></p>	<p>Senior Seminar - Reading Food Labels 2pm - 3pm <i>Find out what a food label reveals about what's really in your food and whether your favorite foods are as healthy as you think.</i></p> <p>Gavel Club/Public Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills.</i></p>	<p>Immunizations 1pm - 3pm</p> <p>Inglés ESOL 6pm - 7:30pm <i>Gratis. No necesita identificación. Le ayudará la clase a aprender inglés y/o a mejorar sus habilidades de hablar inglés.</i></p>	<p>Quit Smoking Now 12pm-1pm <i>Free nicotine replacements provided. Pre-registration is required.</i></p> <p>Citizenship Class 6pm-7pm <i>Learn the process to become a US Citizen and study for the English and Civics portions of the test!</i></p> <p>GED Prep Class 6pm-7pm <i>Exam prep with a focus on the Math portion.</i></p>
<p>Financial Literacy 5:30pm - 6:30pm <i>"Check It Out"- obtaining, using and maintaining a checking account. Enjoy refreshments while you learn about types of checking accounts, requirements to open, and how to manage your account. Pre-registration required.</i></p>	<p>Share Your Truth Support Circle 12pm -1pm <i>Confidential, peer led support group for adult survivors of sexual abuse, rape & incest.</i></p> <p>Gavel Club/Public Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills.</i></p>	<p>Immunizations 1pm - 3pm</p> <p>Inglés ESOL 6pm - 7:30pm <i>Gratis. No necesita identificación. Le ayudará la clase a aprender inglés y/o a mejorar sus habilidades de hablar inglés.</i></p>	<p>Quit Smoking Now 12pm-1pm <i>Free nicotine replacements provided. Pre-registration is required.</i></p> <p>Citizenship Class 6pm-7pm <i>Learn the process to become a US Citizen and study for the English and Civics portions of the test!</i></p> <p>GED Prep Class 6pm-7pm <i>Focus on the Math portion.</i></p>
<p>HIV/STD/Hep C Testing 3pm - 5pm <i>STD screenings including rapid HIV & Hep C testing. (Exámenes de ETS, VIH & Hepatitis C)</i></p> <p>Exceptional Student Education Forum 6pm-7:30pm <i>Parents, come ask school-related questions regarding your children ages 3 - 22 who have or are suspected of having a disability. Get answers regarding IEP, 504 Plans, Behavior Intervention Plans, Health Care Plans, and/or Crisis Plans.</i></p>	<p>Senior Seminar: Eat this, not that 2pm-3pm <i>Learn to make smart choices at your favorite types of restaurants — Italian, Mexican, Chinese, fast food, and more!</i></p> <p>Gavel Club/Public Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills.</i></p>	<p>Immunizations 1pm - 3pm</p> <p>Inglés ESOL 6pm - 7:30pm <i>Gratis. No necesita identificación. Le ayudará la clase a aprender inglés y/o a mejorar sus habilidades de hablar inglés.</i></p>	<p>Quit Smoking Now 12pm-1pm <i>CLOSED to new participants. Sign-up for the next series, beginning May 17th!</i></p> <p>Citizenship Class 6pm-7pm <i>Learn the process to become a US Citizen and study for the English and Civics portions of the test!</i></p> <p>GED Prep Class 6pm-7pm <i>Exam prep with a focus on the Science portion.</i></p>
<p>Families in the Community Kitchen 5:30pm - 7pm <i>Cooking & nutrition workshop for families of all ages to learn healthy new recipes, cooking skills, the importance of family meals & more! Pre-registration is required. (Taller de Cocina y Nutrición. Todos los edades.)</i></p>	<p>Share Your Truth Support Circle 12pm -1pm <i>Confidential, peer led support group for adult survivors of sexual abuse, rape & incest.</i></p> <p>Gavel Club/Public Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills.</i></p>	<p>BUILDING & COMPUTERS CLOSED UNTIL 5PM</p> <p>IRSC Representative Onsite. 5pm - 6pm <i>A representative from Indian River State College will be on site to answer questions about career exploration, the IRSC application process, financial aid, program options, etc.</i></p> <p>Inglés ESOL 6pm - 7:30pm</p>	<p>Golden Bridges to Success Program 6pm - 8pm <i>2nd of 3 workshops designed to empower girls ages 15 to 20 to enrich their health, their lives, and their careers. Students will prepare and enjoy a healthy dinner and discuss nutrition. Then, career professionals will discuss "Job Skills" - writing successful resume, winning the interview, etc.</i></p>
<p>FREE! OPEN to the PUBLIC!</p>	<p>Sign up for classes at www.GoldenGateCenterMC.org</p> <p>FREE Computer Lab open: Acceso a Computadoras (LIBRE DE COSTO): Mon - Wed 12:00pm to 7:00pm; Thurs. 12:00pm - 5:30pm</p>		
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El color verde-azul nos indica que la clase está en español y/o tiene un instructor bilingüe.

