

| Monday lunes | Tuesday martes | Wednesday miércoles | Thursday jueves |
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| <p>Teen & Women's Health: ask a nurse 5pm - 7pm 4 <i>STD screenings, pregnancy tests, counseling, contraceptives (pruebas de ETS y embarazo, asesoramiento, y contraceptivos)</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>Senior Seminar - Medicare Savings Programs and Extra Help in Florida 2pm - 3pm 5 <i>Learn about the programs Medicare beneficiaries are eligible for, including extra help with prescription drug costs.</i></p> <p>Men's LGBTQ Support Group 6:00pm - 7:30pm <i>Watch a movie that spurs conversation, thoughts & concerns in a safe judgement-free environment.</i></p> | <p>Immunizations Vacunas 1pm - 4pm 6 <i>No appointment necessary for school aged children. Adults by appointment only. (No se necesita cita para niños en edad escolar. Los adultos necesitan citas.) Call/Llame al: 772-221-4000 ext. 2242.</i></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 7 <i>CLOSED to new participants. Sign-up for the next series, beginning July 5th, or come to public workshop June 28th!</i></p> <p>Gardening for Healthy Families Familias saludables en el jardín 6pm - 7:30pm <i>Learn how gardening, exercise, and eating healthy can be fun and delicious. Pre-registration required. (Preinscripción requerida.)</i></p> |
| <p>Money Management Workshop 5:30pm - 6:30pm 11 <i>Learn tricks to pay off loans in half the time and steps to save thousands of dollars. Refreshments provided! Pre-registration required.</i></p> | <p>Share Your Truth Support Circle 6pm - 7pm 12 <i>New time! Confidential, peer led support group for adult survivors of sexual abuse, rape & incest.</i></p> | <p>Immunizations Vacunas 1pm - 4pm 13 <i>No appointment necessary for school aged children. Adults by appointment only. (No se necesita cita para niños en edad escolar. Los adultos necesitan citas.) Call/Llame al: 772-221-4000 ext. 2242.</i></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 14 <i>CLOSED to new participants. Sign-up for the next series, beginning July 5th, or come to public workshop June 28th!</i></p> <p>Gardening for Healthy Families Familias saludables en el jardín 6pm - 7:30pm <i>Learn how the foods you eat and veggies you grow, can help or hurt your teeth. Pre-registration required. (Preinscripción requerida.)</i></p> |
| <p>HIV/STD/Hep C Testing 3pm - 5pm 18 <i>STD screenings including rapid HIV & Hep C testing. (Pruebas de ETS, VIH & Hepatitis C)</i></p> | <p>Book Club for Kids! 5:30pm - 6:30pm 19 <i>An interactive and educational summer reading program for kids Kindergarten—2nd grade. Free book for the first 10 kids to sign up! Parent/guardian must accompany their student. Pre-registration required.</i></p> | <p>Immunizations Vacunas 1pm - 4pm 20 <i>No appointment necessary for school aged children. Adults by appointment only. (No se necesita cita para niños en edad escolar. Los adultos necesitan citas.) Call/Llame al: 772-221-4000 ext. 2242.</i></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 21 <i>CLOSED to new participants. Sign-up for the next series, beginning July 5th, or come to public workshop June 28th!</i></p> <p>Gardening for Healthy Families Familias saludables en el jardín 6pm - 7:30pm <i>Summer is the perfect time for a picnic but what can you grow locally that is healthy for your picnic basket? Pre-registration required. (Preinscripción requerida.)</i></p> |
| <p>Families in the Community Kitchen 5:30pm - 7pm 25 <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>Book Club for Kids! 5:30pm - 6:30pm 26 <i>An interactive and educational summer reading program for kids Kindergarten—2nd grade. Free book for the first 10 kids to sign up! Parent/guardian must accompany their student. Pre-registration required.</i></p> <p>Share Your Truth Support Circle 6pm - 7pm <i>New time! Confidential, peer led support group for adult survivors of sexual abuse, rape & incest.</i></p> | <p>Immunizations Vacunas 1pm - 4pm 27 <i>No appointment necessary for school aged children. Adults by appointment only. (No se necesita cita para niños en edad escolar. Los adultos necesitan citas.) Call/Llame al: 772-221-4000 ext. 2242.</i></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 Workshop 12pm - 2pm 28 <i>Special two-hour workshop. Open to the public. FREE Nicotine Replacement Therapy (patches, gum, lozenges) are provided to all participants.</i></p> <p>Gardening for Healthy Families Familias saludables en el jardín 6pm - 7:30pm <i>Explore the smells and sights of fragrant garden herbs. Learn how to eat mindfully during summer vacation and savor a summer feast prepared together. Pre-registration is required. (Preinscripción requerida.)</i></p> |

Sign up for classes today! | ¡Regístrese hoy!
www.GoldenGateCenterMC.org

FREE Computer Lab open: | Acceso a las computadoras (LIBRE DE COSTO):
Monday-Thursday 12:00pm to 7:00pm | de lunes a jueves 12:00pm - 7:00pm



HAVE YOU SIGNED UP FOR CAREER COACHING YET?

CALL TODAY TO SCHEDULE
A CAREER COACHING SESSION