


Monday lunes	Tuesday martes	Wednesday miércoles	Thursday jueves
	1 Senior Seminar - 5 Sneaky Causes of Weight Gain 2pm - 3pm <i>Find out about five potential pitfalls that may be causing you to gain weight.</i> Building Self-Confidence through Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills. Minimal English needed.</i>	2 Immunizations 1pm - 3pm 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>	3 Quit Smoking Now 12pm-1pm <i>CLOSED to new participants. Sign-up for the next series, beginning May 17th!</i> 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> GED Prep Class 6pm-7pm <i>Exam prep with a focus on Science portion</i>
	7 MSMs of the Treasure Coast 5:30pm - 7:30pm <i>A support group for MSM's that fosters conversation and community.</i> Share Your Truth Support Circle 12pm -1pm <i>Confidential, peer led support group for adult survivors of sexual abuse, rape & incest.</i> Building Self-Confidence through Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills. Minimal English needed.</i>	8 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> Building Self-Confidence through Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills. Minimal English needed.</i>	9 Immunizations 1pm - 3pm 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>
14 Teen & Women's Health: ask a nurse 5pm- 7pm <i>STD screenings, pregnancy tests, counseling, contraceptives.</i> Financial Literacy: Money Matters 5:30pm - 6:30pm <i>Do you struggle each month to pay your bills? Join us to gain more knowledge on managing your money. Pre-registration required.</i>	15 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> Building Self-Confidence through Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills. Minimal English needed.</i>	16 Immunizations 1pm - 3pm 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>	17 Quit Smoking Now 12pm-1pm <i>Free nicotine replacements provided. Pre-registration is required.</i> GED Prep Class 6pm-7pm <i>Exam prep with a focus on the Science portion.</i>
21 HIV/STD/Hep C Testing 3pm - 5pm <i>STD screenings including rapid HIV & Hep C testing. (Exámenes de ETS, VIH & Hepatitis C)</i> 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>	22 Share Your Truth Support Circle 12pm -1pm <i>Confidential, peer led support group for adult survivors of sexual abuse, rape & incest.</i> Building Self-Confidence through Speaking 6pm-7pm <i>Learn to speak with confidence and improve your communication skills. Minimal English needed.</i>	23 Immunizations 1pm - 3pm 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>	24 Quit Smoking Now 12pm-1pm <i>Free nicotine replacements provided. Pre-registration is required.</i> Golden Bridges to Success Program 6pm - 8pm <i>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 a guest speaker will discuss "Healthy Relationships". Pre-registration is required.</i>
28 CLOSED FOR MEMORIAL DAY	29 Building Self-Confidence through Speaking 6pm-7pm	30 Immunizations 1pm - 3pm Inglés ESOL 6pm - 7:30pm S.T.E.A.M. Superhero Activity for Kids 6pm - 7pm <i>Build zip lines and skyscrapers. Young scientists will soar through exciting activities and join our certified teachers in saving the world. Fun with Science, Technology, Engineering, Arts and Mathematics. Guides student inquiry, dialogue, and critical thinking. Pre-registration is required.</i>	31 Quit Smoking Now 12pm-1pm <i>CLOSED to new participants. Sign-up for the next series!</i>
Sign up for classes at www.GoldenGateCenterMC.org FREE Computer Lab: Mon - Wed 12:00pm to 7:00pm; Thurs. 12:00pm - 5:30pm			

El color verde-azul nos indica que la clase está en español y/o tiene un instructor bilingüe.