

WESTMORELAND CASEMANAGEMENT AND SUPPORTS, INC

INVITES YOU TO:

**“ B U I L D Y O U R O W N
R E S O U R C E S F O R A
B E T T E R L I F E ”
W O R K S H O P**

**T H U R S D A Y , A P R I L 2 5 ,
2 0 2 4**

9 : 0 0 A M - 3 : 3 0 P M

LEARN SKILLS IN THE FOLLOWING AREAS
AND TAKE HOME A TOOL KIT TO HELP YOU
SUSTAIN THESE SKILLS ON YOUR OWN:

BUDGETING/FINANCIAL PLANNING | RESUME
WRITING/INTERVIEW SKILLS | HOMEMADE
CLEANING PRODUCTS | INDOOR GARDENING
| BASIC SEWING | CREATING HEALTHY MEALS
ON A BUDGET | POSITIVE
AFFIRMATIONS/SELF-TALK

*MUST MEET ELIGIBILITY CRITERIA. TALK TO YOUR TCM, CPS,
OR SC FOR MORE INFORMATION AND TO SIGN UP.

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