

**FREE TO ATTEND!!! SIGN UP TODAY!**

## **SOLID FOUNDATION WORKSHOP**

- CREATE YOUR PATHWAY OUT OF POVERTY!
- EXPLORE HEALTHY HABITS TO ENHANCE YOUR SUCCESS!
- IMPROVE AND STRENGTHEN YOUR RELATIONSHIPS
- SIMPLE WAYS TO REDUCE YOUR STRESS & ANXIETY
- TECHNIQUES TO BOOST SELF-ESTEEM & SELF-EFFICACY
- TIME MANAGEMENT AND FINANCIAL PLANNING
- WORKPLACE STRATEGIES & CAREER DEVELOPMENT

**NOVEMBER 4 - 15, 2019**

**MONDAY - FRIDAY 9 AM TO 1 PM**

**COME LEARN NEW EMOTIONAL INTELLIGENCE  
TOOLS TO ASSIST YOU IN ALL AREAS OF YOUR LIFE!**

**EdCC - GATEWAY HALL**

**6600 196TH ST SW ROOM 103**

**LYNNWOOD, WA 98036**

**CALL 425 - 640 - 1451 to SIGN UP or**

**EMAIL: PENNY.ROBINS@EMAIL.EDCC.EDU or**

**messages us on Facebook.com/ToolsForSuccessSnoCo**



**POSSIBLE PARTICIPATION HOURS FOR THOSE RECEIVING TANF/BASIC FOOD**

**DSHS Referral Codes 3AJ LS for 23-35 Hours**