



College of Hope

Course Catalog 2019



What is College of Hope?

College of Hope strives to give participants the best classroom experience possible. The following benefits are included for students to get the most out of their time with the program:

- Free family dinner before every class
- Childcare during class
- Transportation to and from class
- Classes are held all year long in evenings from 6:00 p.m. – 8:00 p.m.
- There are never any fees for classes
- Classes are available to any individual or family in Snohomish County
- Class participants receive free giveaways with every class
- A certificate of completion is given to all class participants

Want to Sign-up for a College of Hope Class?

If you are interested in registering for a College of Hope class, visit our website at www.collegeofhope.org. If you have any questions you can email us at collegeofhope@housinghope.org or call us at 425-353-8112

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Health & Wellness

Personal Wellness

3 Cousins: Anger, Stress, Depression

This interactive course has participants take a look at the three cousins: anger, depression and stress. The instructor teaches how to recognize and examine emotions, discover the feeling underneath the anger, and develop new coping skills to be more successful.

Art as Communication

This course is by referral only and there are 10 spots available. This class is ideal for people who are stuck, uncooperative, depressed, secretive, withdrawn, not setting goals, and difficult to reach. The instructor uses the creation of art through different mediums as a way to spark conversation about past experiences.

Anger Workout

This class teaches students how to recognize their emotions as well as identify them in others. Participants will learn how to use communication to resolve conflicts and explore techniques to help manage anger constructively.

Balance & Harmony

Balance and Harmony revolves around the idea of maintaining happiness and self-sufficiency in a life full of chaos. During this workshop participants will gain an insight on living life with a happy heart as well as build upon known intrinsic motivators to work toward lifelong success.

Beating the Holiday Blues

This class focuses on common expectations, stress, and emotions during the holidays. The instructor will help participants identify ways of coping and getting through the holiday season, so that they can walk away with skills and ideas for their own life.

Brain Development

Learn how the brain develops over the course of life, from infancy to adulthood, and how it effects an individuals personality, emotions, and self-sufficiency. This class will also cover some of the most common barriers to healthy brain development and how to support friends/family/children going through the various stages in their lives.

Coping with Grief

In this class, participants learn about identifying grief and how to cope with the loss of a loved one or loss of housing. The instructor also goes over how loss and grief ripples into your community, and how to support friends and family during hard times.

CPR

This course is taught by an experienced firefighter. Learn how to perform proper CPR on adults, children, and infants. Participants receive a CPR certification card at the end of class.

Fix your Picker

This course focuses on relationships ranging from acquaintance to romantic. Participants will learn to become aware of their patterns of choosing and explore what they want in their relationships. The instructor also teaches how to thrive regardless of current relationships.

Mental Health 101

This class is designed to go into depth about mental health. The instructor teaches what depression is and how it is treated. Participants will learn more about how different medications for mental health work and how to recognize when they or a loved one are in need of help.

Practicing Good Self-Care

In this class participants will learn how to find time for themselves and common strategies for maintaining a healthy mental state. The instructor goes over how to build healthy boundaries, what types of activities are most effective for self-care, and how to effectively manage stress.

Self-Esteem

In this course the instructor goes into the importance of good self-esteem and the difference between self-esteem and self-efficacy. Participants will learn a number of strategies to support their own growth in this area.

Stress Management

This class is designed to help students learn techniques to reduce and manage the stress that they are experiencing. Some of these strategies include time management, different methods of stress relief, efficient organization skills, and ways to prevent stress overload.

Relationships

Communication

This course teaches how to work as a team on a common goal. Participants will learn more about different communication styles and how to read cues. The instructor has students evaluate their own patterns of communication; learning how to improve healthy communication habits and reduce the unhealthy ones.

Conflict Resolution

Through this class participants learn the most common conflict resolution styles. The instructor works with each individual to help identify their own personal conflict management style and teaches the tools needed to leverage that in any given conflict.

How Rude

This class is based on the best-selling book "How Rude!", written by A. Packer. The instructor goes through some of the most effective things participants can do to improve how they are perceived by others. Individuals can expect to take a real look at the world from someone else's point of view and learn how to leverage new relationships to be more successful at work and at home.

True Colors

This is a fun, hands-on workshop to help individuals discover their True Colors personality traits. Participants will get to know themselves better and improve their understanding of their friends, family, and co-workers. Learn how to appreciate and enjoy our differences, strengthen communication skills, and reduce conflict in life.

Cooking

Cooking Matters

Through this course, participants develop cost saving tricks to help manage their everyday food expenses. Working hands on with our instructor, each individual has the opportunity to learn new technical skills revolving around food preparation as well as explore similar topics; such as food safety and nutrition.

Crockpot Cooking

This course focuses on how to use a crockpot to make more time in life for the things that are really important. Participants will be provided a free crockpot and recipes that they can make in their new crockpot.

Quick & Easy Meal Planning

In this class participants will learn how to identify pantry staples, utilize strategies for easy meal planning, and streamline the creation of a shopping list. The instructor helps simplify the process of planning and preparing healthy and flavorful meals for the whole family.

Family Life

Parenting

1-2-3 Magic

1-2-3 Magic is a best-selling parenting guide developed by Dr. Tomas Phelan. This course emphasizes that managing a child's most difficult behaviors is essential before any positive work can begin. Participants are taught the skills necessary to identify and begin working on their child's top five most desired and top five most difficult behaviors. This course is taught over the span of 8 weeks.

Ages & Stages

In this course the instructor goes over what to expect at certain ages. Participants will learn about the different stages of child development and how to understand what their child is going through as they experience these stages.

Ages & Stages: Birth - 5

Not to be confused with the single night Ages and Stages class; Ages and Stages Birth – Five is built around the internally recognized Ages and Stages Questionnaire. Over the four course nights participants learn where their children stand from a development standpoint and are taught the skills needed to support the growth of their children, given their current strengths.

Back to School

This class helps participants prepare to handle their child's upcoming school season. The instructor goes over establishing school year routines, understanding how children deal with change, finding the best way to transition back into school, and how to talk with children about their challenges.

Children & their Emotions

In this course participants will learn how to assist children in understanding their emotions. The instructor teaches how to help children express anger in a healthy way, as well as how to help them deal with stress.

Circle of Security

This course is designed to help participants discover their child's circle of security and what they can do to encourage exploration. The instructor also teaches the right balance between encouraging exploration and setting limits with toddlers and young children. This course is taught over the span of 8 weeks.

Cooking with Kids

In this course participants will learn some quick and easy recipes to follow along with their children. Students will also learn how to have fun while learning new things with their child right by their side. The instructor talks about picky eaters and what can be done in order to satisfy everyone.

Growing up Again

This course is based on a best-selling parenting series written by Jean Illsley Clarke. It is an activity based class exploring parents own childhood experiences and how it affects their parenting style. Participants should expect to leave with the ability to lead with positive affirmations, and how to use clear and effective strategies to feel even more successful as a parent.

How to Help Me & my Kid Survive Summer

In this class, participants will learn tips and tricks to help navigate the transition from school to summer with their kids. They will practice building skills to reduce stress in order to enjoy their time spent at home during summer vacation.

Incredible Years

This course focuses on parenting children ages 2-10 years old with curriculum that is designed by Dr. Carolyn Webster-Stratton. It is a 16-week program that teaches participants how to build a positive relationship with their child and then how to discipline their child. It is taught through a combination of guided role plays, large and small group work, and homework.

Incredible Years: Supporting Children Experiencing Autism

This course focuses on parenting children ages 2-10 years old with curriculum that is designed by Dr. Carolyn Webster-Stratton, with an emphasis on the challenges of parenting children experiencing Autism. It is a 12-week program that teaches participants how to build a positive relationship with their child and then how to discipline their child. It is taught through a combination of guided role plays, large and small group work, and homework.

Positive Discipline

This course is based on the teachings of Jane Nelsen, Ed.D., and her book "Positive Discipline". Participants will learn how to bridge communication gaps and defuse power struggles. The instructor goes over how to enforce a message of love while holding children accountable with their self-respect intact.

Improving Support

Co-Parenting

This course is designed to help participants learn how to build healthy boundaries and support the growth of their child. It also goes over how to keep children from "choosing sides" and the process of moving from repetitive problems to real solutions.

Couples Communication

In this class, participants learn how to work as a team on a common goal through the use of improved communication skills and goal setting. The instructor teaches how to problem solve rather than fight.

Single Parenting

This course gives participants vital skills and resources to help lift the weight of single parenting off their shoulders. The instructor goes over how to create a strong support system and how to deal with "feeling ganged up on" or "it's me vs. them".

You, Me, and We

Participants are encouraged to come as a couple and learn new strategies for working together toward the same goals. The instructor teaches how to work on individual goals and aspirations, and teaches ways to create relationship habits in order to be set up for success.

Parents of Teens

Creating Technology Boundaries with your Teen

In this course participants will learn about the roles of a parent of a teen and how to both welcome and limit technology in your home. The instructor goes over how to maintain a connection with your teen in a world driven by technology, and the basics of respectful communication.

Creating Teen Independence

Led by an experienced teen specialist, this class teaches parents how to create and maintain healthy boundaries with their teens. Participants will gain a better understanding of their teen's point of view, and how to develop strong, respectful communication strategies with their teens.

Handling Today with your Teen

Through the use of an interactive video, Handling Today examines some of the most common challenges parents face with their teen. The video tool focuses on typical tension building situations and invites a discussion around ways to dramatically and effectively improve common but "less than ideal" parenting strategies. Participants will leave class with detailed tip sheets outlining ways to decrease struggle and increase harmony between parent and teen.

Parental Involvement (and Loss) & the Effects on my Teen

In this class, participants will learn how losing a parent, whether through death, divorce, physical or emotional unavailability - impacts a teen's developing sense of self. The instructor goes over the tools necessary to help guide a child through the heartache of parental loss.

A Parent's Guide to Teen Depression

This course helps participants learn the difference between depression as an emotion and as a clinical diagnosis. The instructor teaches what behavioral signs to look for in teens suffering from depression, as well as takes a look at the myths vs. the facts of depression. Direction on how to find treatment will be provided.

Parents of Teens

This course teaches participants common strategies they can use to communicate effectively with their teens. The instructor goes over the way a teen brain develops and how to set healthy boundaries with teens. This class is adjusted to the parents in attendance.

Successful Communication with your Teen

In this class participants will learn ways in which to communicate their love and frustration so it is actually heard. The instructor also explores the secrets of effective communication, what triggers people, and what it is that individuals are really trying to say when talking to their teen.

Economic Well-being

Job Readiness

Dressing for an Interview

This workshop is designed to provide tips and strategies for dressing for an interview, and gives participants the opportunity to get an interview outfit at the Goodwill store for free.

Interview Essentials

This workshop is designed to help applicants prepare for a job interview. Participants are given the opportunity to develop these skills before trying them on the open market. Attendees will leave this workshop with preparation tips and strategies for how to answer various interview questions.

Resume Essentials

This workshop is designed to prepare individuals to write a resume. The instructor provides preparation tips, strategies for resume writing, and an opportunity to start a resume or improve an existing resume.

Self-Efficacy

Self-efficacy is a person's belief in their capacity to successfully perform a particular task. It determines effort, persistence and strategy in the accomplishment of tasks. In this participants will learn more about self-efficacy and how to develop their own.

S.M.A.R.T Goals

In this class, participants learn how to set specific, measurable, attainable, realistic, and time-bound goals. Setting S.M.A.R.T goals is a simple but powerful way to begin planning for the future instead of reacting to the present.

What's Next?

What's next is a three day workshop where participants are given the opportunity to discuss and discover their own skills and interests. Using this knowledge the instructor leads each individual through the job market with the objective of determining a future career for them. Attendees will leave this class with a plan for the future, as well as a road map of how to achieve their goals.

Working with Difficult People

This course teaches about the artful approach to improving self-management skills when working with angry, irritated, or frustrated people. Participants will gain the ability to say "No", as well as learn how to ask for what you really need. The instructor goes over how to deal with conflict in a constructive manner.

Workplace Strategies

This class focuses on job retention. It teaches good communication with active listening and cooperation resulting in the formation of constructive teams. Participants learn what good work ethic does in the workplace and about effective strategies to help complete projects and overwhelming tasks.

Financial Stability

Basic Banking

This class covers topics such as checking and savings accounts, what to look for in a bank/credit union, as well as how to avoid different types of fees. Participants walk away from this workshop with a working understanding of the financial system and how to take full advantage.

Budgeting Basics

In this course participants learn how to create a realistic spending plan, track and understanding their spending, and tips/tricks for saving their money. The instructor also goes over some basics for understanding credit.

Cooking on a Budget

In this class participants learn how to cook delicious meals from scratch and how to shop for inexpensive but healthy food options. The instructor also shares tips for reviewing nutrition labels to ensure that individuals are purchasing the healthiest foods for them and their family.

Coupons, Coupons, Coupons

In this fun and interactive course, participants will learn how to find coupons, what kinds of non-perishable foods they can stock up on, and how to use coupons most effectively.

Getting out of Debt

This class teaches participants multiple different strategies useful in managing and reducing debt. After this course attendees walk away with an individualized plan to manage their finances and get out of debt.

Navigating Community Resources

This workshop teaches how to build skills for self-advocacy and gain a clear understanding of the community resources available in the local communities. Participants will identify resource needs they currently have and learn how to use the internet to research community resources to meet those needs.

SSI/SSDI Benefits

This course explains how benefits are affected when an individual receiving those benefits starts working. Participants learn more about Work Source, work incentives and the Ticket to Work program.

Understanding Credit Reports

This class teaches participants how to obtain and understand their credit report, as well as steps to take to clear your credit. The instructor goes over how to contest errors and contact bureaus, potential pitfalls of using “Credit Repair Agencies”, and gives answers to any credit questions that an individual might have.

Continuing Education

Paying for College

This workshop is designed to cover the basics of paying for college. It provides information about the different types of funding available and the processes for obtaining it.

Picking a College Training Program

This workshop is designed to provide strategies for choosing the right college training program. Participants will assess their interests, the needs of the labor market, local training options, and program entry requirements to help them make a sound decision on where to go next.

Housing Expertise

Intro to Homeownership

In this course participants will learn about the multiple programs designed to help low income families purchase a home and how to go in without any money down. The instructor teaches how to work with a difficult credit score, and tips and tricks to help you prepare before navigating the housing market.

Keep it Clean

In this class participants will learn cheap and safe ways to get their home sparkling clean and keep it that way. The instructor shares tips on how to get an individuals' home "inspection ready", as well as how and when to get their children involved to clear clutter and support their own independence.

Rental Magic

This 2-night class is designed to teach participants how to overcome barriers to renting such as: poor credit, bad rental history, or a criminal record. The instructor goes over tips and tricks on navigating the rental process and how to plan ahead in order to achieve set goals.

Housing Hope Mission

Housing Hope shall promote and provide affordable housing and tailored services to reduce homelessness and poverty for residents of Snohomish County and Camano Island.

College of Hope Mission

To empower families to embrace continued learning as a pathway to a brighter future.

College of Hope Class Locations

Ken Schilaty Learning Center
5908 Evergreen Way
Everett, WA 98203

Take the Next Step
202 S. Sams St.
Monroe, WA 98272

College of Hope Main Office:
Housing Hope Offices
5830 Evergreen Way
Everett, 98203
425.353.8112

Stanwood-Camano Community
Resource Center
9612 271st St NW
Stanwood, WA 98292

Trinity Place
19321 48th Ave W,
Lynnwood, WA 98036

Twin Lakes Landing
2820 164th St NE
Marysville, WA 98270