



# Homeless Services

## Life Skills and Employment Prep Program

Goodwill's Life Skills and Employment Prep Program is a 2-3 week combined program aimed at enhancing quality of life while creating balance in various areas of the participant's life.

These Goodwill Works classes provide motivation and guidance in how to cope with daily activities and challenges that may occur as the participant job hunts, works and attends school – all of which need to be successfully managed.

### Life Skills Class Schedule

#### Week 1

Monday-Thursday 1:00 pm to 3:00 pm

- Wellness/Social Interaction
- Financial Literacy 1
- Stress/Anger/Conflict Management
- Self-Determination/Self-Presentation

#### Week 2

Monday-Thursday 1:00 pm to 3:00 pm

- Making Good Decisions
- Financial Literacy 2
- Teamwork
- Conflict Resolution

### Employment Prep Class Schedule

#### Week 3

Monday-Thursday 9:00 am to 11:00 am

- Career Development
- Resume Workshop
- Job Search/Job Retention
- Interviewing Skills/Mock Interviews

#### Location of Classes:

Long Beach Multi-Service Center  
1301-1326 W. 12th Street  
Long Beach, CA 90813



### Job Development Program

A Goodwill Works instructor will refer job ready participants to receive long-term employment services after they've completed the Life Skills and Employment Prep Program. Also, all participants are encouraged to attend Job Club on Fridays to use the free computer lab and receive job search assistance.

#### Job Club – Schedule & Location:

Every Friday 9:00 am to 1:00 pm  
Goodwill SOLAC, 800 W. Pacific Coast Hwy.  
Long Beach, CA 90806

**To enroll, you must present a Referral Form from an agency case manager or caseworker.**

**For more information, contact: Goodwill SOLAC Homeless Services | (562) 708-4990**