



LB Life Skills

Skills to Live A Better Life

Mini-Workshop Classes Topics & Descriptions

LB Life Skills provides classes to the community through a variety of affiliated organizations within the Inland Empire. These classes range from personal enhancement, business and educational skills. The classes we offer are completely free of charge. The majority of the classes are for 2 hours, unless advised otherwise.

If you are interested in any of these classes you may register at www.LBLifeSkills.com.

Simple Steps to Make Extra Money

Attend this workshop to learn simple actions you can take to make extra money now so you can stop worrying about money, and start focusing on doing what you love.

Day: Thursdays

Date: August 27, 2015

Time: 6:00 pm – 8:00 pm

Location: Fontana Community Senior Center
16710 Ceres Avenue, Fontana, 92335

Cost: Free

Basic Computer Skills

For those who are just starting to use computers, this 6 week program will teach you the basic skills to operate a computer. This course will also teach you how to use Microsoft Word, Power Point, Publisher, and Excel.

Day: Thursdays

Date: September 3 - October 8, 2015

Time: 4:00 pm – 6:00 pm

Location: Fontana Community Senior Center
16710 Ceres Avenue, Fontana, 92335

Cost: Free

Suicide Prevention

This class will help bring awareness to suicide. Information on how to recognize the warning signs through talk, behavior and mood. There will be information on how to cope with suicide. Also there will be information on intervention and statistics.

Day: Thursday

Date: September 3, 2015

Time: 6:00 - 8:00 p.m.

Location: Fontana Cypress Com. Center
8380 Cypress Avenue, Fontana, 92335

Cost: Free

To Register visit
www.LBLifeSkills.com

How to Turn Your Skills and Talents into a Business

This class will identify your skills and talents, and also show you how you can turn them into a business. You will also learn ways to find customers and comply with any regulations.

Day: Thursday

Date: September 3, 2015

Time: 6:00 p.m. - 8:00 p.m.

Location: Fontana Community Senior Center
16710 Ceres Avenue, Fontana, 92335

Cost: Free

Principles of Etiquette/Mannerism

Instructional tools and interaction on methods of job interviewing; dining, social, speaking, attire, and physical etiquette and mannerism.

Day: Thursday

Date: September 10, 2015

Time: 6:00 p.m. - 8:00 p.m.

Instructor: Begin From Within

Location: Fontana Community Senior Center
16710 Ceres Avenue, Fontana, 92335

Cost: Free

Self Esteem

This workshop is designed to help you discover the power of positive attitudes and the effect they can have in your business and personal lives. You will learn how to develop behavior management strategies to encourage positive self-esteem in children and how self-esteem enhances every facet of your life.

This program is designed to help participants boost their own Self-Esteem!

Day: Thursdays

Date: September 10, 2015

Time: 6:00 pm – 8:00 pm

Location: Fontana Com. Senior Center,
16710 Ceres Avenue, Fontana, 92335

Cost: Free

Say it with Confidence

You have a great business, so now it's time to tell the world about who you are and what you do. Let your passion for what you do shine through when you talk to others. This workshop will teach you how to clearly introduce your business to anyone and everyone you meet in a confident and compelling way.

- * Learn how to focus on a target market
- * Create a memorable and compelling story
- * Understand how to connect with your audience
- * Practice what you have learned in a fun, supportive and non-threatening setting

Day: Thursday

Date: September 17, 2015

Time: 6:00 pm – 8:00 pm

Location: Fontana Com. Senior Center
16710 Ceres Avenue, Fontana, 92335

Cost: Free

Starting Your Nonprofit

This class will provide the participant with a step-by-step guide to establishing a tax-exempt organization.

The key topics include:

- To Be or Not To Be A Nonprofit
- Becoming a California Corporation
- Building a Better Board
- Filing for State and Federal Exemptions

Day: Thursdays

Date: September 17, 2015

Time: 6:00 p.m. - 8:00 p.m.

Location: Fontana Cypress Com. Center
8380 Cypress Avenue, Fontana, 92335

Cost: Free

We now offer our classes offsite and will come to your organization or business to teach the class. Instead of a traditional lecture format, the class is taught in a highly engaging and interactive manner. Everyone is encouraged to apply lessons they learn to their lives, work and relationships.

If you are interested in what LB Life Skills offers, please visit www.LBLifeSkills.com or call (909) 271-5252.

LB Life Skills strives to cover all the needs of you the client. If you are looking for a new job, want to try something new, or you just want to see what is available. Feel free to visit our Employment Page. We have made it easy to find many of the employment opportunities without the hassle of scrolling through page after page of an employment search engine. Updates are about three to four times a month so check back regularly for new listings.



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Budgeting 101

Learn how to track your spending, develop a plan to save for your goals, pay down debt, and improve your financial stability. One of the most important aspects of controlling your budget is to determine where your money is going.

Day: Thursdays

Date: September 28, 2015

Time: 6:00 pm – 8:00 pm

Location: R.C. Family Resource Center
9791 Arrow Route in Rancho Cucamonga

Cost: Free

Assertive Discipline

Parents will learn:

- The proper definition of discipline
- The different Types of discipline
- How to use age appropriate discipline skills (ages zero to teen)
- Assertive discipline techniques

Day: Thursday

Date: September 24, 2015

Time: 6:00 pm – 8:00 pm

Instructor: Victor Com. Support Services

Location: Fontana Com. Senior Center
16710 Ceres Avenue, Fontana, 92335

Cost: Free

How Do I Know If I'm Ready to Buy or Sell a Home

A Team of Professionals will be hand to answer all your Real Estate questions, "Is Now the Right Time" "What Will My Payment Be" "How Do I Take Title" and "What Happens in Escrow." We will have a Professional Realtor, Mortgage Lender, Title Representative, and Escrow Director available to answer any questions you might have.

Day: Thursday

Date: September 24, 2015

Time: 6:00 pm – 8:00 pm

Location: Fontana Cypress Com. Center
8380 Cypress Avenue, Fontana, 92335

Cost: Free

Using Logic Models to Design, Develop, and Evaluate Your Programs and Services

The logic model is a tool that allows personnel in nonprofit organizations to build programs or offer services that are directly linked to their impact on the selected target market. It examines the resources, activities, and results that the organization will need to manage to successfully achieve its goals and objectives. It also helps to clarify the criteria that an organization can use to evaluate program performance and effectiveness.

Day: Monday

Date: September 28, 2015

Time: 6:00 p.m. - 8:00 p.m.

Location: R.C. Family Resource Center
9791 Arrow Route, Rancho Cucamonga

Cost: Free

Marriage in Motion (MnM)

The Marriage in Motion (MnM) class is for married couples who have lost the rhythm of oneness in their relationship that often results in being out of sync with your spouse and the smallest becoming major problems in the marriage. Class is designed to help marriages that are currently struggling with tools in fighting fair, communicating respectfully, problem solving, and more. Will get to practice these tools, learn God's model for marriage, and discover new ways to get your "Marriage Back Into Motion."

Day: Wednesday

Date: September 30 - December 16, 2015

Time: 7:00 p.m. - 9:00 p.m.

Location: 7625 East Ave, Room K, Fontana

Cost: Free

Attack Prevention

This class will help you become more aware of your surroundings. Also it will provide information on danger areas as well as potential danger areas. Basic techniques on things to do in case you come under attack with limited force and exposure to danger.

Day: Thursday

Date: October 1, 2015

Time: 6:00 - 8:00 p.m.

Location: Fontana Cypress Com. Center
8380 Cypress Avenue, Fontana, 92335

Cost: Free

Time Management Made Easy: Work Smart, Not Harder

If you're doing more and enjoying it less, it's time to make real choices about how and when to spend your time. This seminar gives you the tools to find balance, achieve your goals and be more effective and productive. Attend this workshop to learn how to:

- * Plan your week so you can reduce stress and save time
- * Organize your master project and to-do lists so they are doable
- * Break down your personal or business goals into bite sized pieces
- * Take 10 minutes to plan your goal producing activities for the day

Day: Monday

Date: October 5, 2015

Time: 6:00 - 8:00 p.m.

Location: R.C. Family Resource Center,
9791 Arrow Route, Rancho Cucamonga

Cost: Free

We now offer our classes offsite and will come to your organization or business to teach the class.

Instead of a traditional lecture format, the class is taught in a highly engaging and interactive manner. Everyone is encouraged to apply lessons they learn to their lives, work and relationships.

If you are interested please visit www.LBLifeSkills.com or call (909) 271-5252.

To See The Full List of Free Classes & To Register visit our website at www.LBlifeSkills.com