



Lunch Break | Life Skills

SIGN UP FORMS FOR VARIOUS LIFE SKILLS PROGRAMS

English As A Second Language (ESL)

The ESL Program opens doors to new opportunities through improved language skills. It is designed to help non-native English speakers achieve a basic understanding of the English language through a conversational method.

The next session will run weekly from **September 2025 to May 2026**.*



Starting September 2026

Computer Literacy

This program provides the fundamentals of Google Docs and Microsoft Office. It will allow for the creation of resumes, projects, spreadsheets; general knowledge and navigation of computer basics.



Financial Literacy

This program prepares you to make financial decisions and achieve your financial goals. Topics covered include budgeting, managing debt, saving for the future, building and protecting credit, first time investing and home buying, and more.



Upcoming sessions for both will run bi-monthly from **September to December 2025 and January to May 2026**.*

Starting January 2026

Employment Preparation

Jump start your career with confidence. We offer hands-on support with resume building, job applications, and mock interviews to help you succeed in every opportunity. You'll also have the option to receive business attire through Suited Up for Success, to look your best, along with guidance on effective post hiring and promotional practices.



Monthly

*Specific dates: TBD | Classes take place at Lunch Break Life Skills (2nd floor)

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