



JOBS LLC (Life Learning Concepts) – November 2009
All sessions are FREE and open to the public.

All classes are held at the Job & Career Center, 349 N. Peters Avenue, Fond du Lac in Room B-2, unless noted otherwise. To register call (or FAX registration form to) Patti Sabel, Job & Career Center at 929-3912 (FAX: 920-929-3924) or Sue Siegesmund, UW-Extension Office at 929-3174 (FAX: 920-929-3181). Monthly schedules are also available at this web site: <http://fonddulac.uwex.edu/flp/educationemploy.html>

Shopping Strategies (Rm B-1)

Monday, November 2 – 9:00 to 11:00 a.m.

This class will give you ideas and tips on how to plan meals better, understand what the labels on food are telling you, and how to keep your food safe.

Job Club – Held Tuesdays – November 3, 10, 17 & 24th from 9:30 to 11:00 a.m.

Meet people, make contacts and exchange job-searching ideas. Become energized and learn valuable career strategies and techniques. Expand your network of contacts and become involved in a mutual support group with empathy and encouragement from supportive peers.

8 Easy Ways to Lose a Job

Wednesday, November 4 – 9:00 to 11:00 a.m.

Many things can happen that get in the way of job success. Learn what some of the most common reasons for losing a job are, and how to be proactive so this doesn't happen to you.

CareerChangers Network – Held Wednesdays – November 4, 11, 18 & 25 - 9:30 to 11:30 a.m.

(B-1) - Designed to assist you with your job search needs. This group focuses on professional, managerial, executive, and sales professionals. It provides a place to gather on a consistent basis to learn about various topics pertaining to your job search, as well as network with other professionals. Please refer to www.careerchangers.org for any schedule changes.

Rent Smart – This is a 2-part series; plan to attend both sessions. *This class is held at Advocap, 19 W. First St., Fond du Lac*

Monday, November 9 – 5:00 to 8:00 p.m.

Thursday, November 12 – 5:00 to 8:00 p.m.

This **Free** workshop is designed for individuals who have trouble getting rental housing due to a lack of experience or poor rental history, including evictions.

Managing Work And Your Physical Health

Wednesday, November 11 – 9:00 to 11:00 a.m.

Do you make time to take care of your health? Taking care of yourself is the first step in managing other stressors. Being able to strike a balance between work and personal life means paying attention to physical needs – like sleep, exercise, and nutrition. We will explore ways to keep your body in peak condition so you can deal with the demands of the workplace.

Stretching Your Food Dollar (Rm B-1)

Thursday, November 12 – 9:00 to 11:00 a.m.

Many families run out of food or eat less than they should because of lack of resources. Learn strategies to be better able to purchase adequate, nutritious food and make it last throughout the month.

Get Checking - Tuesday, November 17 – 5:30 to 8:00 p.m. – This class is held at the FDL Public Library in the Seefeld Room on the 2nd Floor

This class offers you the opportunity to open an account with a participating financial institution even if you have had problems in the past. You will learn how to choose an account that is right for you, including: 1) Low cost checking options; 2) How to avoid costly fees; 3) What you need to know to keep your checking account in balance; and 4) How your account relationship can help you establish credit and access other services.

Surviving Unemployment

Wednesday, November 18 – 10:00 to 11:00 a.m.

Learn about resources that can help you with personal finances, health, self-esteem, and more while unemployed.



Fond du Lac County
400 University Drive, Fond du Lac WI 54935

Registration Form for "Jobs, LLC" – November 2009
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Name _____ Phone _____

Address _____

Referred by: _____

Check the classes that you want to register for (there is no limit on how many you can attend):

- Shopping Strategies**
Monday, November 2 – 9:00 to 11:00 a.m.

- Job Club**
Tuesdays – November 3, 10, 17, & 24th – **9:30 to 11:00 a.m.**

- 8 Easy Ways to Lose a Job**
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- CareerChangers Network**
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- Managing Work and Your Physical Health**
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- Surviving Unemployment**
Wednesday, November 18 – **10:00 to 11:00 a.m.**

Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

The University of Wisconsin-Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status.

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