



Community Café Spring 2019 Workshop Schedule

Saturday, January 5, 2019

United Bank: Mary Anderson and Ana Morales will be discussing how to manage your credit, credit reports, how your credit score is calculated, and how to maintain good credit.

Saturday, February 2, 2019

Montgomery County Energy and Rental Assistance Program: Olga Schans and Mary Campos will be presenting on energy and rental assistance programs available through Montgomery County.

Saturday, March 2, 2019:

American Foundation for Suicide Prevention: Amy Wahl and Rodolfo Beltran will be discussing the basics of mental illness and suicide, top five mental illnesses, how to help someone dealing with a mental illness or is suicidal, and correct language to use when discussing these topics.

Saturday, April 6, 2019:

HHS- Latino Health Initiative: Gianina Hasbun, Norma Columbus & María Elena Rocha will be discussing the importance of healthy eating, the MyPlate guideline, hidden risks in foods (sugar, salt, and fat) and healthy alternatives. This presentation will be interactive and there will be activities for participation.

Saturday, May 4, 2019:

Montgomery County Public Libraries: Angelica Rengifo and her colleague will be discussing the many services and online applications such as music, language learning, electronic books, and many more!

Registration: <https://goo.gl/forms/7IIZ2Y6azn8rXQ183>

All workshops will be held from 10:00-11:30 a.m. at this location:

Montgomery College – Rockville campus

Mannakee (MK) Building

900 Hungerford Drive, Room 123

Rockville, MD 20874

Rockville campus map:

http://media.montgomerycollege.edu/communications/maps/Rockville_Campus.pdf

Questions: Kimberly Bloch Rincan, ACES Engagement Coordinator, 240-567-2157, kimberly.blochrincan@montgomerycollege.edu.