

## Life INC Classes Fall 2010

Love INC is offering new classes starting Thursday September 9<sup>th</sup>. Classes will meet every Thursday at five o'clock for a ten week session. Life INC is held at First Presbyterian Church at 710 Kansas City Street. Call 718-5683 or sign up today!

**Financial Freedom:** There is hope when it comes to finances. Learn the essentials of money management along with strategies to get out of debt in a supportive environment.

**Money 101:** The very basics of money management. This class is designed for people who struggle with budgeting, savings, and managing daily expenses.

**Job Skills:** I've gotten a lot out of the Job Skills Class: how to present yourself, resumes, how to dress and do interviews. And, I got a job.

**New Hope Parenting (Birth to 5):** drawing from some of the best resources available, parents will learn about discipline, safety, growth and development and family issues and other skill sets necessary to raise little ones.

**Common Sense Parenting (5+):** parents are provided with a menu of proven techniques that will aid them in building good family relationships, preventing and correcting misbehavior, using consequences to improve behavior, teaching self-control, and staying calm. This is a two hour class offered by Catholic Social Services.**Nutrition on a Budget:** In this series of classes participants will learn how to prepare and eat more meals at home, how to add more fruits and vegetables to their diet, how to make healthy beverage choices. We will cover the benefits of meal planning, stretching your food dollars and how to make smart food choices at a fast food restaurant. Included in each class will be hands on cooking and sampling of what we have prepared. This class is part of the Expanded Food and Nutrition Program (EFNEP).

**Successful Living:** A survey of skills needed to live successfully: Time Management, Boundaries, Relationships, Values, Personality, Conflict, Anger, etc.

**The Best of Dave Ramsey:** A more advanced money management course that views and discusses sections from Dave Ramsey's Financial Peace University video series.

**Youth Adventures:** For ages 9-15. A fun, supportive and interactive time for young people focusing on issues like trust, communication, peer pressure, character, etc.



### Love INC of the Black Hills

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