2016 Fall Newsletter





www.EvergreenChristianOutreach.org

The mission of EChO is to provide assistance to residents of the Evergreen mountain communities who are unemployed, under-employed, dealing with a long term illness, or experiencing other forms of personal crisis.

Board of Directors

Executive Board

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NEED SHELTER?

On severe weather nights that fall below 20 degrees, the Emergency Shelter Program (ESP) can help.

For information and to register, call ESP at EChO at 303-670-1796



Already registered? To find out if shelter is open and sign-up for the night call 720-598-COLD (2653)

This is a collaborative effort of various faith communities, services organizations and our mountain community.

More info at: www.evergreenchristianoutreach.org/esp

homeless in the community will have a place to stay on especially cold nights this season.

Winter nights can get cold in Evergreen, but those who are

The Evergreen Emergency Shelter (ESP) program will provide shelter to the homeless on nights when temperatures are expected to drop below 20 degrees. Four host sites — Congregation Beth Evergreen, Church of the Transfiguration, Bergen Park Church and Evergreen Lutheran Church — will trade off weeks to host homeless adults, feed them dinner and provide a sack breakfast when they leave in the morning.

The Evergreen Emergency Shelter program is in the process of training volunteers to perform various duties while hosting program participants, such as cooking dinner or over-night supervising. So far, the program has more than 100 volunteers from several congregations and other organizations. Each site is on-call for one week out of the month, and the program will decide by noon each day if the shelter will be open that evening. The program will run October 1-April 30, 2017.

"It's cold. No one should have to sleep outside," volunteer Stephanie Park said. "Evergreen is a privileged community. We shouldn't try to shuffle people away. We have the means."

The ESP program is under the auspices of Evergreen Christian Outreach and Affordable Transitional Housing Opportunities Mobilizing Evergreen (AT HOME), a nonprofit organization that works to bring affordable housing to Evergreen. Kaethe Zellner serves as the ESP Director.

The Emergency Shelter Program partnered with area faith-based communities to host overnight shelter sites for people experiencing homelessness. At the moment, the program is not connected with any programs with Jefferson County Human Services, but deputy director Lynnae Flora said her organization will be reaching out to offer help.

"Evergreen is such a great community where people really take care of the community," Flora said. "If we don't have that connection now, we will. It's a tough issue and it's not going away."

*Taken from Your Hub Article on September 29th by Joe Vaccarelli.

Contact Us:

Evergreen Christian Outreach (EChO) P.O. Box 1515 Evergreen, CO 80437-1515

Physical Address: 27640 Hwy 74

Phone: 303-670-1796 Fax: 303-679-2721 Food Bank Hours Monday 10 am – 6 pm

Tuesday, Wednesday and Thursday 10 am – 4 pm

Jobs Center: 303-670-7123

Hours: Tuesday - Thursday 10am-3pm

EChO Resale Shop: 303-679-8280 3763 North Evergreen Parkway

3763 North Evergreen Parkway
Located in the Evergreen North Shopping Center
EChOresaleshop@evergreenchristianoutreach.org
Store hours – Monday- Saturday 10 am – 5 pm
Donations accepted Mon-Sat 10 am – 4 pm
info@evergreenchristianoutreach.org

ECHO IS ON FACEBOOK!

Please check us out!
"Like Us" and "Friend Us"
to keep spreading the good news.
Evergreen Christian Outreach
and EChO Resale Shop



Message from the Executive Director Sharon Smith

We can see it, we can feel it
We can embrace it, or we can fight it.
Change can be gradual, or it can be sudden.
Change can be good, or change can be bad.
But...it is all around us.



Changes . . .

We live in a world that is constantly changing and change is everywhere.

As I write this article I look out and see the leaves changing and feel the change in our temperature – all proof that we are gradually moving from summer to fall. For some of us,

this is a welcome and much anticipated occurrence. For others, we're trying to hold on to those last days of summer as we try to figure out "where did the summer go"?

Whatever our preference, a change is coming, and it's coming fast.

At EChO we deal with change constantly. Life changes are the reasons most people come to EChO. "Something" happened that created a change in the family's life and created a need. A loss of a job, a rent increase, an unexpected car repair, an accident, a recently diagnosed medical condition or a steady and gradual decline in health, an eviction, homelessness, a divorce, a death of a spouse or family member – all changes that can create problems and crises for residents in our mountain community.

As an organization we need to change to meet the growing needs of our clients and our community. What worked in the past may not necessarily work now. At EChO we are constantly evaluating and, if necessary, making changes as to how we serve others. Programs are added and programs are changed or eliminated. Flexibility and a willingness to change is paramount as we strive to be the best we can to meet the needs of our mountain community. Progress requires change.

And perhaps the best example of progress and change is the transformation that occurs when individuals are offered hope for a better tomorrow. We offer H.O.P.E. – help, opportunities, programs, and education to encourage and support individuals as they move from the crisis at hand towards a new level of sustainability and sufficiency.

At EChO we are all working together to restore hope and change lives. Our Resale Shop provides much needed funds to support our programs. Our Food Bank, Client Services, and Jobs Program work directly with area residents to provide the resources and assistance needed to move forward, and the Administrative team, along with our many volunteers and donors, work to support these efforts.

Change happens, whether we want it or not. Sometimes it's good, sometimes it's not. We may not be able to change it, but we can choose how we react and respond to it.

Happy Fall! Go enjoy the beautiful and ever changing Colorado weather!

Sharon







EChO STAFF

Sharon Smith Executive Director

Janice Kaup

Director of Client Services

Janet Shown Special Projects Director

> Cindy Costello Bookkeeper

Art Robbins Food Bank Manager

Lynn Kutalek Food Bank Assistant Manager

Mary Petrich Volunteer Services Director

Jennie Page Jobs Program Director

Beckie Mosch
Asst. Jobs Program Director

Lori Frease Development Director

Kaethe Zellner Emergency Shelter Program Director

> Karen Soper Sandra Moog Patricia Wafer Linda Parkins Enrichment Center Program Assistants

EChO RESALE Staff

Kim Gaudet Manager

Roxann Berland Assistant Manager

Lisa Stewart
Backroom Supervisor

Joel Gamache Warehouse Supervisor

Walter Dominguez
Rick Lynch
Ben Foster
Joe Edwards
Warehouse Donation Clerks

Scott Robinson Furniture Finisher

Samantha Austin Mary Sousa April Taylor-Green Rene' Marshall Heidi Spooner Donation Clerks

Christine Lapointe Floor Merchandiser

Karen Triberti Les Moore Cashiers

Margie Molina Gary Clemons Tony Winters Resale Assistants



Jobs Center Jennie Page, Director and Beckie Mosch, Assistant Director

Jobs Center SER SCSEP Program

The Echo Jobs Center has taken a new direction with the hope that we truly can transform the lives of Evergreen senior citizens, our largest demographic, that come to us for assistance. We developed a new arm of the Jobs Center in partnership with a federal government program, SER SCSEP (Senior Community Service Employment Program). This program offers funding for non-profits to provide part-time job experience for low-income seniors, 55 and above, who wish to increase their marketable skills.

The senior job-training program the Jobs Center developed with SER funding is a one of a kind venture – something which is not at this point offered elsewhere. This pilot program provides months of specialized workforce and computer training in order to prepare SER participants to take on a new and meaningful SER position with another mountain community non-profit. The hope is they will continue to have training and support while utilizing EChO's Jobs Center for help finding a permanent job. In the long run, the measure for success for all participants in the SER training program is to find and keep a job that will positively impact their lives.

The five SER participants who have been part of EChO's SER program in 2016 have been able to take full advantage of all of our Job Center offerings. Over the course of working with hundreds of clients from all arenas of life, we have developed a wide variety of resources that are available and recommended for all who pass thru our offices:

- Technology: Basic Computer classes held at the Jobs Center and at the Senior Resource Center as well as oneon-one computer tutoring.
- Coffee Club: The Job Center's motivational weekly networking group, which features inspirational speakers – who are either volunteers from our community or professionals who speak to us on video thru the TED Talk series.
- Networking luncheons held monthly where job seekers can gather and cheer each other on.
- Goal Setting and Skill Development: We counsel with each participant to set goals and guide them to web-based courses on Lynda.com or GCFLearnfree.com that will support their professional advancement.
- Workforce Services: As with our other clients, we offer individualized resume writing and job counseling sessions and encourage them to do assessment testing to develop a clear career path.
- American Job Center: SER participants take a solid week of technological and social skill based courses at JeffCo's American Job Center. Many of the participants have felt this to be instrumental in changing attitudes towards moving towards a brighter future.

Presently two of our SER participants, Kathy Kayser and

Patricia Wafer, will move to new mountain community nonprofits this month. They are both excited to be moving on to jobs that are not only a good match but present an inspiring opportunity to reach their career goals. The community organizations also benefit from dipping into a senior talent pool that has been largely untapped.

The best testimonial to the program is what they had to say to us. Kathy, who experienced a medical crisis in later life, said she had reached out to EChO as she had felt rudderless and without direction in her life. From the first time she walked in the door, she no longer felt alone but rather part of a community where others faced similar challenges. All of our participants have found that they have had a very hard time finding a job, but learned that in many cases it was because they were using the wrong methodology and hadn't tapped into the advantages that technology can provide in a very competitive world. The SER program gave them the motivation to get a new start. Patricia and Kathy both agreed that at least they know now where to look for answers, and are both more open to learning new ways. They are aware of resources now that they were not able to tap into before. Most importantly of all, old attitudes of feeling "I can't" or "I don't understand what is not working" have been replaced with hope and inspiration that there is positive momentum. With newly found skills, they have come to feel that they are better able to move forward and to achieve what they did not believe was possible.

Give a Gift that Changes Lives.

EChO Offers HOPE—Help, Opportunities, Programs and Education—to those in need. Your support is needed to help us continue our good works.

Will You Make A Difference TODAY?

Your donation is appreciated.
Please make checks payable to: EChO
You can also donate now online at
www.EvergreenChristianOutreach.org

EChO can stretch your dollars. Your monthly donation of \$10—\$100 can provide:

- Holiday meals for families
- Weekly milk & eggs for a family
- Much needed meat and vegetables
- Educational classes for seniors
- Shelter on a cold night
- Job seeker sponsorship





Cooler weather and new colors are ushering in the change in seasons. Elk are herding, anticipating the rut and the deer will soon follow. The squirrel at our home has shredded one of our fabric deck chairs to insulate his winter nest and only a few late blooming plants still have flowers. The school bus returned to the front of my house, shuttling students returning to fall semester. All these indicate a change is coming.

The food bank has seen changes too. Scout troop 1776 finished 3 major projects to usher in the

fall harvest season and enable EChO to display over 3 times the donations from the local contributors including the farmers market. A grant from Food Bank of the Rockies was awarded to EChO, providing a new commercial refrigerator and freezer. The latter will eventually be used for a new program

increasing the amount of food for qualified EChO clients by 50 pounds each month. The grant also provided seven new wire shelving units for the warehouse. This more than doubled the amount of storage area used for temporary stocking and product rotation.

Along that line, an inventory system is in place, helping ensure higher quality and increased quantities are made available to our clients. New record keeping systems are being evaluated and soon one will be selected and implemented to better track how much food we provide by individual, ensuring we meet or exceed established dietary guidelines. EChO continues to focus on providing healthy nutritious choices.

The cooler weather signals local churches to once again start the soup donation, providing a hot meal for clients each day EChO is open. This is a wonderful asset and words don't adequately express what it means to our clients. And like the other changes above, these are part of what makes Evergreen such a great place to live!

FOOD BANK NEEDS

- Hearty soups (5 grams of protein min)
- Cold & Hot Cereal
- Canned Beans black, pinto, refried, kidney, white & chili
- Toilet Paper
- Peanut Butter
- Laundry Soap
- Dish Soap
- Coffee

- Toothpaste
- Razors & Bar Soap
- Toothbrushes
- Sugar
- Whole Grain anything
- Canned Fruit & Veggies
- Gift Cards \$5-\$25 Walmart, King Soopers, Safeway

BOLD indicates urgently needed items

EChO Resale Shop offers boundless opportunities to restore hope and to change lives in our community. Everyone who shops, works, volunteers or donates to EChO Resale plays a part in this effort. Shoppers utilizing our store can purchase much needed items much cheaper than our local discount store, and often in much better quality. Anyone on a limited budget will learn that there are many bargains to be found, and our tiered pricing format enables everyone to shop within their means. The donations that we receive at our store range from everyday items to very expensive worldly finds.

Shopping at EChO Resale really can change lives. All proceeds from our store are used to fund programs that provide services and resources to community members who may be experiencing a difficult time. Not only can shoppers feel good about the bargains they have found, they can know that their purchase is also helping others.

EChO Resale provides employment to many residents of our community and the donations we receive are "recycled, restored, and rehomed".

Merchandise in the store changes hourly due to the constant donations from our extraordinary community. We specifically merchandise the store like a retail store with hope that it will not feel like a resale shop when our customers walk in. Our store has earned a reputation throughout the community of being a great place to shop and all the amazing employees and volunteers at EChO Resale work hard to maintain these high standards. Come visit our Resale Store – I think you will be surprised at what you can find and it just may change your perception of resale stores.



We specifically merchandise the EChO

Resale Store like a retail store with

hope that it will not feel like a resale

shop when our customers walk in.

Help us **STOMP** out **HUNGER**Join us for our 7th Annual Turkey Trot

Thursday, November 24, 2016
Packet pickup & Registration 8:00am
Trot Starts at 9:00am

PRE-REGISTER starting Nov. 1st to Guarantee a t-shirt.

- \$25 for an adult (12 and older)
- \$10 for a child (12 and under)
- \$65 for a family of 4

Register online at <u>evergreenchristianoutreach.org</u> or pick up forms at EChO Office or EChO Resale

Register before November 20th to guarantee your t-shirt.

Day of Registration increases \$5 per person.

Every single day, I hear a "thank you" or get a hug. Every single day, I am amazed at the gratefulness of so many of our clients who have benefitted from EChO's help. Knowing how EChO has helped change people's lives for the better and give them hope for the future, is the whole reason for Client Services.

As the years have gone by and the economy has changed, marijuana laws have passed, homes have become unaffordable for those in poverty, EChO has been there to change with the times. Initially, people's needs were met by EChO providing food. When it became clear that other needs were pressing as well, Client Services was born. The evolution of Client Services has gone from giving financial assistance to providing many other services such as counseling, help for the homeless, and energy assistance (to name a few.) Our clients..... our

Client Services recognizes

changes in society and sees that

this is an opportunity to restore

hope and change lives.

community members...... our folks who live and work in Evergreen and surrounding communities have now entered a phase of change that is affecting their very ability to live in the mountain communities. EChO Client Services is working to alleviate the hardships that people face when

trying to work a minimum wage job and pay the rent or mortgage that is ever-rising.

Just as seasons change, just as the economy changes, just as the political landscape changes, so do the needs of our clients change. Finding that people need more than just money or food, Client Services provides hope and a listening ear. We are hearing more and more that people really want to be heard. They need to know that people do care and are willing to hear their stories. The three stories below illustrate how Client Services works with individuals who are dealing with change in their lives.

Mike, a client in his 20's, has been coming to EChO for a little less than a year. He has a disability from childhood. Mike has been able to either hide his disability from prospective employers or deal with the pain while on the job. At this point in his life, he can no longer deal with either. His long-term goal is to finish college so that he doesn't have to do manual labor. Mike is working with Janice on short- and long-term goals to achieve his dreams. He had tears in his eyes when he was told

that he didn't have to do this alone. Mike's story is not finished but he has hope, and that makes a big difference.

Dan has been a client of EChO for 2 years. He has been coming to EChO a little less over time. Dan proudly announced to me a few months ago, with a huge smile on his face, that this would probably be one of his last visits to EChO. He has been working at the same place for a decade and had been barely making ends meet. Dan sometimes had to pay bills late in order to keep a roof over his head but, just recently, he was promoted and given a raise. He was told that he is being groomed for yet another promotion as well. Dan stated that he would probably not be late on bills anymore and didn't feel he would need EChO in the near future. He was very thankful for the help that EChO had given him.

Melanie has been living with life-threatening cancer for a

year. She and her family have been hit hard emotionally, financially, physically, psychologically – any way that you can imagine. This mountain community has rallied around the entire family and EChO has been fortunate to be among the wonderful organizations that has helped in numerous ways. To have such a horrible illness devastate a family's

future is one of the most difficult things in life to deal with. Luckily, they are not going through this alone and EChO will continue to truly be there for Melanie and her family.

The thing that I hear the most from clients is "thank you." The thing that is the most important to most people is someone to listen. The thing that is the hardest to deal with is change. And when change is the only thing that people can count on, EChO has to change with the times. We live in a time when getting a job requires more than just a resume. We live in a time in which there is a lack of affordable housing for people who clean our homes, serve our food and bag our groceries. We live in a time in which there is no loyalty between employee and employer. We live in a time in which social security is being called social insecurity. So people feel that these changes leave them to fend for themselves and leave them feeling vulnerable.

Client Services recognizes changes in society and sees that this is an opportunity to restore hope and change lives.





New Giving Program Exclusively for Kids! Announcing KidsforColoradoGives.org

Community First Foundation is proud to introduce Kids for ColoradoGives, a new online giving program.

KidsforColoradoGives.org connects the next generation of Colorado givers with local nonprofit organizations. Young donors can experience the joy of giving in a fun, safe environment.

Beginning November 1, 2016, donations can be scheduled ahead of time and count on Colorado Gives Day December 6, 2016.



A CHANGE OF PERSPECTIVE

In helping others, one can find satisfaction that is a reward in its own merit.

Volunteers come to EChO to provide service in many ways with the intention of making a difference in the lives of others. They are a key component in the effectiveness of the organization as a whole and they do change lives, sometimes even their own.

There has been much research on how volunteering can affect one's personal and professional life. The research indicates that volunteer activity has the potential to reshape or re-direct people's values, perspectives and often their life goals. It can spur new growth and awareness both spiritually and emotionally. Of course, volunteering isn't the only source of life changes but people who reflect on their experience tend to reexamine their own lives which can sometimes have a dramatic impact such as changing careers or life direction all together.

Many successful, career-oriented men and women openly acknowledge a feeling of inner emptiness, a lack of meaning or real human connection in their lives. Those who volunteer sometimes discover their volunteer work is a kind of engagement that feels meaningful to them. Interestingly, studies of death camp survivors during the Holocaust have found that most of those who survived attempted to help others in the camp survive, not just themselves. In helping others, one can find satisfaction that is a reward in its own merit.

Volunteering is really just a more organized form of something all of us do every day. We give of ourselves in some way as a parent, partner, worker or citizen of the planet. In that sense you are always volunteering though you may not call it that when you think of it as a natural function. When you cut your finger, you don't deliberate about whether or not to bandage it. You

just do it because it is part of you. Compassionate care is a natural expression of human

connection.

Anyone who comes to EChO will witness care and compassion on the part of our volunteers every day. We want our volunteers to comprehend the scope of what they accomplish and hope that they are personally enriched in the same measure.

Thank you to volunteers Linda Fisher, Dwight Souder and Liz Hawkins. Linda grew and donated "Hens and Chicks" plants. Dwight donated the clay pots that Liz painstakingly painted to provide a gift to all for the volunteers who attended the Volunteer Appreciation Brunch in May.



October

- 20 Volunteer Evening at The Center Stage with Evergreen Players presenting Stepping Out
- 21 Boo Bash @ The Wild Game, 7pm

November

- 1 Schedule your donation for Colorado Gives Day
- 12 9Cares Colorado Shares at Bergen King Soopers
- 12/13 Alternative Gift Fair @ Evergreen Lutheran Church
- 18 Thanksgiving Concert @ Center Stage, 6pm
- 16/17 & 21/22 Thanksgiving Meals for clients*
- 24 7th Annual Turkey Trot, 9am
- 28 Sign-ups start for Adopt a Child**

Help Earn Money for Food Bank

EChO is collecting Box Tops for Education. Send your box tops in and/or donate food with box top labels. Drop at Resale Shop or the Food Bank.



If you wish to receive your newsletter by email, please submit your email address to: lori@evergreenchristianoutreach.org

December

- 1 Shopportunity at EChO Resale for Volunteers
- 6 Colorado Gives Day
- 8 Deadline for turning in gifts for Adopt a Child**
- 19-22 Holiday Meals for clients*

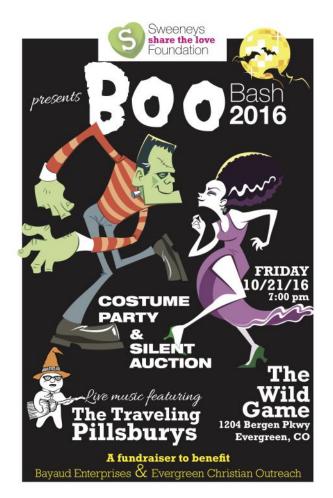
February

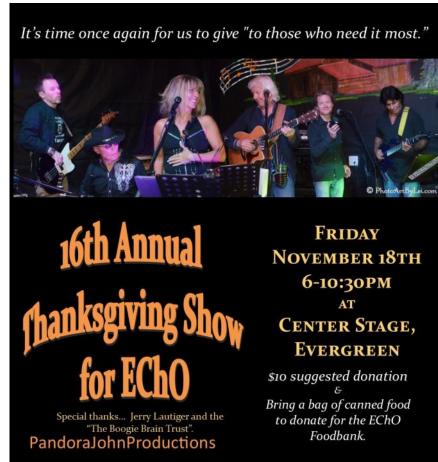
12 - Valentine's Day Dinner/Dance at El Rancho Brewing

Please check the website for specific events as times and/or dates may change.

www.evergreenchristianoutreach.org

- *Please see the website for items that we will need to provide Holiday Meals for clients.
- **The holiday Adopt-A-Child Program will be brought back again this year. This is an opportunity for families to request a special gift for their children and allow the community to make their Christmas wishes come true. An online sign up will be available showing the age, gender and gift requested. The gifts will be distributed to the families in time for them to be under the tree for Christmas or in the home for Hanukkah.









GOMMUNITY FIRST FOUNDATION

TO STEAM 12.06.16

Corporate Partner

Many Ways to Support EChO in the coming months.



Space is Limited. Call to register for classes (303) 670-7123

EChO Jobs Center October 2016



| Tuesday | Wednesday | Thursday |
|---|------------------------------------|--|
| Taming the Anxious Mind 10:00—11:15 am Tech Time 1:30—3:00 pm | 5 Computer Lab 1:30—3:00 pm | 6 Basic Computer Class 10:00—12:00 pm Coffee Club: How to Multiply Your Time 1:00—2:00 pm |
| Taming the Anxious Mind 10:00—11:15 am Tech Time 1:30—3:00 pm | 12 Computer Lab 1:30—2:30 pm | Basic Microsoft Word Clas 10:00—12:00 pm Coffee Club Networking Lunch 1:00—2:00 pm |
| 18 Taming the Anxious Mind 10:00—11:15 am Basic Computer Class at Senior Resource Center 9—11 am Tech Time 1:30—3:00 pm | 19 Computer Lab 1:30—2:30 pm | Coffee Club: Community Guest Speake 1:00—2:00 pm Making More Out of Your Money 6:00—8:30 pm *EVENING |
| 25 Taming the Anxious Mind 10:00—11:15 am Tech Time 1:30—3:00 pm | 26 Computer Lab 1:30—2:30 pm | Basic Internet Class 10:00—12:00 pm Coffee Club: The Discipline of Finishing 1:00—2:00 pm |

Space is Limited. Call to register for classes (303) 670-7123

EChO Jobs Center November 2016



| Tuesday | Wednesday | Thursday |
|--|--|--|
| Taming the Anxious Mind 10:00—11:15 am Tech Time 1:30—3:00 pm | Computer Lab 1:30—3:00 pm | Coffee Club: The Power of Belief— Mindset & Success 1:00—2:00 pm |
| 8 Taming the Anxious Mind 10:00—11:15 am Tech Time 1:30—3:00 pm | 9 Small Business—Start Up 101 10:00—12:00 pm Computer Lab 1:30—3:00 pm | Basic Word Class 10:00—12:00 pm Coffee Club: Networking Lunch 1:00—2:00 pm |
| Making More Out of Your Money 10:00—12:30 pm Tech Time 1:30—3:00 pm | Computer Lab 1:30—3:00 pm | 17 Basic Internet Class 10:00—12:00 pm Coffee Club: Community Guest Speaker 1:00—2:00 pm |
| Basic Computer Class at Senior Resource Center 9—11 am Tech Time 1:30—3:00 pm | Computer Lab 1:30—3:00 pm | Closed for Thanksgiving |
| 29 Tech Time 1:30—3:00 pm | Computer Lab 1:30—3:00 pm | 3721 North Evergreen Parkway, Suite #6 Evergreen, Colorado 80439 evergreenchristianoutreach.org |



Job Center Calendar Descriptions

Computer Classes

1. Basic Computer

Discover the inside and out components of both desktop and laptop computers. Use Windows 7 to become familiar with its many practical and useful features.

2. Basic Microsoft Word

Open a new document, save and print. Create a list or letter then format it changing tabs and margins.

professional resume, design a business card or get help to complete online applications.

3. Basic Internet

Learn the most effective search engines to quickly find what you want. Ease through navigation tools that help you maximize your time online.

Tech Time, Tuesday's 1:30 - 3:00 pm:

1 - on - 1 help or work on your own in the Job Center's computer lab.

Practice your newly learned computer skills.

Work on your workforce skills (resume help, business card or job application)

NEW - Computer Lab, Wednesday's 1:30 - 3:00 pm:

Join us in our new computer lab. Practice your newly learned computer skills or work on workforce goals such as resumes or job searching.

Making More out of Your Money:

Discover the practical ways of using your money for the things you need and want.

Getting out of debt is not the impossible; succeed by learning how others became debt free.

Job Seeker's Coffee Club. Thursday's, 1:00 pm - 2:00 pm:

If you are unemployed or under-employed, this group is for you. Join other job seekers over coffee to get advice, support, and learn from guest speakers.

We have positive & uplifting topics. Review the calendar to see what topic is presented each week.

Networking Lunch is every 2nd Thursday of the month

Enjoy a delicious lunch, provided by volunteers and network with other job seekers! NEW – Community Guest Speaker, once a month

Hear inspiring personal success stories, discover professional strategies, learn from the experts.

NEW – Taming the Anxious Mind (JCMH - 6 week course, starting Oct. 4th, Tuesday's, 10:00 – 11:15):

This is one of JCMH's most popular classes. Come to this class if you find yourself burdened by worry, anxiety or panic. This weekly gathering unlocks the secrets to living without fear. New skills such as mental flexibility and emotional de-fusion are taught weekly.

NEW – Small Business Start Up 101 (BRC – Nov. 9th): This class covers the questions that you need to answer before considering opening a business.

Join the group, enjoy coffee with snacks and learn something new! Call (303) 670-7123 or Beckie@evergreenchristianoutreach.org to reserve your FREE spot today. SPACE IS LIMITED.



EChO Jobs December 2016



| Tuesday | Wednesday | Thursday |
|--|---------------------------------|---|
| 3721 North Evergreen Parkwa Evergreen, CO 80435 evergreenchristianoutrea Call to register (303) 670 | ch.org | Coffee Club: The Art of Stress Free Productivity 1:00—2:00 pm |
| 6 Interview Skills Workshop 10:00– 12:30 pm | 7 Tech Time 1:30—2:30 pm | Basic Computer Class 10:00—12:00 pm Coffee Club: Networking Lunch 1:00—2:00 pm |
| Making More Out of Your Money 10:00—12:30 pm | 14 Tech Time 1:30—2:30 pm | 1 Coffee Club: Community Guest Speaker 1:00—2:00 pm |
| Basic Computer Class at Senior Resource Center 9:00—11:00 am | 21 Tech Time 1:30—2:30 pm | Basic Internet Class 10:00—12:00 pm Coffee Club: The Surprising Science of Happiness 1:00—2:00 pm |
| 27 | 28 | 2 |