



Y.A.S.H.
YOUNG
ADULTS FOR
SELF-HELP
by
S.H.A.P.E.

**ALL WORKSHOPS ARE *FREE,
HOWEVER, SPACE IS LIMITED.**

**TO RESERVE YOUR PLACE:
CONTACT KAMILAH BANKS**

713.275.4701

OR

KOBANKS@SHAPE.ORG

**CLASSES WILL BE HELD AT
S.H.A.P.E. COMMUNITY CENTER
3815 LIVE OAK, HOUSTON, TX.**

*** BRING I.D.**

LIFE SKILLS ACADEMY

DIET & NUTRITION

MONDAY: 9:00 A.M.—1:00 P.M.

SATURDAY: 9:30 A.M.—2:30 P.M.

SOCIAL SKILLS

WEDNESDAY: 4:00 P.M.—8:00 P.M.

THURSDAY: 1:30 P.M.—4:30 P.M.

FRIDAY: 10:00 A.M.—1:00 P.M.

***SUNFRIED FOOD PREPARATION**

MARCH 6, 2010

SATURDAY: 9:30 A.M.—2:30 P.M.

*** REGISTRATION FEE WAIVED FOR Y.A.S.H. PARTICIPANTS**

COMPUTER SKILLS ACADEMY

BASIC MICROSOFT OFFICE

MONDAY & WEDNESDAY

SECTION A: 9:00 A.M.—12:15 P.M.

SECTION B: 12:30 P.M.— 2:45 P.M.

SATURDAY

SECTION C: 1:00 P.M.— 3:00 P.M.

ADVANCED MICROSOFT OFFICE

MICROSOFT WORD/EXCEL

CALL TO RESERVE

YOUNG ADULTS FOR SELF HELP BY S.H.A.P.E.

SHAPING HISTORY FOR THE FUTURE

3815 Live Oak • Houston, TX • 77004 • www.shape.org

713.521.0629 or 713.521.0641

