

Hot Topics News Flash

June 1

The Law and Turning 18

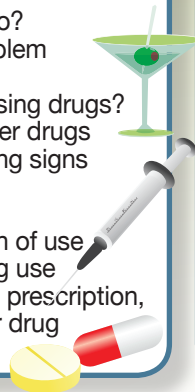
- Alcohol
- Banking
- Contracts
- Credit
- Criminal charges
- Divorce
- Domestic abuse
- Drugs and narcotics
- Employment
- Guns and weapons
- Housing



June 5

Prevention of Alcohol and Drug Abuse

- What we can do?
- A growing problem
- "Pharming"
- Why are they using drugs?
- Over-the-counter drugs
- Behavior warning signs
- Alcohol
- Risk factors
- The progression of use
- Dangers of drug use
- How to prevent prescription, OTC, and other drug problems



June 6, 20

Spanish - 7, 21

Resume Writing Tips

- What information should be in a resume?
- Characteristics of a successful resume
- Functional or chronological
- Scannable resume
- Basic checklist
- How to write a cover letter



June 8

Nutrition

- Nutrition basics
- Nutrients
- Balance is key
- The 6 essential nutrients
- Vitamins
- Types of fat
- Cholesterol
- Fat/water soluble vitamins
- Minerals
- Nutrient deficiency
- Applying what you know



June 12

Preventing Adolescent Violence

- What is violence?
- Common types of violence
- What influences youth violence?
- Assessing adolescent violence
- Programs targeting adolescent violence
- Anger management training
- 8-step social problem-solving model
- Pro-social skills
- Bullying
- Gang Resistance Education
- Mentoring programs



June 13, 27

Spanish - 14, 28

Take Charge of Your Credit

- What is credit?
- Financial objectives
- Credit basics
- How to build good credit
- Your credit report
- Types of credit
- Your credit score
- Credit card interest
- Good credit pays!
- Boost your credit score
- Protect your good credit
- Credit bureaus



June 15

Be Poison Smart

- Smart parents, safe kids
- What does "poisonous" mean?
- What is a "poison exposure"?
- Most common things kids get into
- Food poisoning
- Insect bites/pests
- Carbon monoxide
- Get rid of old medicines safely
- Laundry detergent pods
- Liquid nicotine for E-Cigarettes
- Top safety tips



June 19

Fire Safety

- Keeping your home and family safe
- Be prepared
- Smoke alarms
- Escape plans
- Teach your children
- Points to practice
- Fire insurance
- After a fire



June 22

Importance of Diet and Exercise

- Goals
- Importance of eating healthy
- Food Pyramid vs MyPlate
- Choosing the right foods
- Reading food labels
- Common food label terms
- Understanding calories
- Liquids
- Eating on the go
- Fast food tips
- Daily vitamin requirements
- Tips for eating healthy



June 26

How to Create a Chart in Excel

- Introduction to charts
- How spreadsheet data appears in a chart
- Change the chart view
- Add chart titles
- Change the look of your chart
- Make a pie chart
- Suggestions for practice
- Quick reference card



June 29

Heart Disease

- About heart disease
- America's heart disease burden
- Early action is key
- Americans at risk
- Heart disease facts in men
- Facts on women and heart disease
- Protect your heart
- References



Rainbow Online Workshops:
Access online or available at the Resource Center

To join the workshops by phone or online, contact your RSC for more information.

<http://rainbowhousing.org/residents/online-workshops/>