

#### April 1, 15 **Dangers of Smoking** and Vaping

- · Health and effects of tobacco
- Types of tobacco
- Health effects of vaping
- Types of vaping
- How to get help and resources

**April 2, 16** Why Have Renter's Insurance

- Renter's insurance costs
- What is insurance and risk?
- Introduction to renter's insurance
- Options for payouts
- Types of coverages
- What is covered?
- What is not covered?
- The sign-up process



## **April 4, 30** Internet Basics: Staying Safe on the Internet

- What is the Internet? · Some ways to use the Internet
- Where is all the information? What kind of access does
- the ISP provide?
- Web browers
- Domain names Protect your privacy with passwords
- Internet security cookies

http://www.

#### **April 8** Senior Fire Safety Installing and maintaining

- smoke alarms
- Limiting the risk of cigarette fires
- Cooking fire safety
- How to heat your home safety
- Electrical and candle safety
- Oxygen tank safety

## **April 9, 23 All About Digital Job Interviews**

- What is a digital interview?
- Digital interviews: The BIG 6
- Prepare for success:
  - Image
  - Knowledge
- Communication
- Questions and answers

## April 11 **10 Steps to Buving** a Home

- Reasons to buy a home/ property
- Important information
- · Renting vs. buying
- Truth about down payments
- Where to check your credit for free
- 10 steps of buying a home

Questions and answers

# April 18 **Certified Jobs:** Working for Success

- What are job certifications?
- Why get a certificate?
- High-paying certificate jobs
- · Health career fields · Other fast-growing, well-



## April 22 The Law and Turning 18

- · Age of becoming a legal adult
- Alcohol rights and responsibilities
- Banking and financial exptectations
- Understanding contracts · Credit basics
- Criminial consequences
- Marriage and divorce
- Illegal drugs and
- consequences
- Employment
- and housing



RAINBOW

Rainbow Online Workshops:

Access online or available at

## **April 25 Staying Safe During an Active Shooter**

- · What is an active shooter situation?
- · How to respond to an active shooter
- · How to stay safe
- · How to respond to law enforcement
- How to get help/trauma counseling

**Keeping a Clean Home**  Easy and cheap DIY cleaning products Keeping it clean roomto-room:

April 29

- Kitchen
- Living Room
- Bathroom
- Bedroom
- Make a cleaning
- schedule
- with example

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

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https://www.rainbowhousing residentportal.com/category/1 education/live-workshops/

Workshop times are as follows: 11:30 a.m.-12:30 p.m. (PDT/Arizona), 12:30-1:30 p.m. (MDT), 1:30-2:30 p.m. (CDT), 2:30-3:30 p.m. (EDT)