

# 2024 JUNE WORKSHOP & TRAINING SCHEDULE

**ALL WORKSHOPS** are **in-person**; (*ONLY the Assistance Connect Refresher Training remains virtual*). Location of each workshop is included on the below schedule. Doors open 15 minutes prior to the start time of the workshop and close 5 minutes *after* the start time. You **MUST sign in AND out** to receive credit for attending a workshop. If you have questions, contact Cynthia Miller at [cdmiller@tarrantcountytx.gov](mailto:cdmiller@tarrantcountytx.gov), or your FSS Coordinator.

## VIRTUAL

**\*ASSISTANCE CONNECT (AC) REFRESHER TRAINING (FSS Participants ONLY)**

**Description:** A refresher class on how to use the AC module to report a change, upload documents and complete your Annual Re-exam. **ASSISTANCE CONNECT TRAINING CANNOT BE USED TO RECEIVE WORKSHOP CREDIT.**

Wednesday, June 5

9AM – 10AM

Link: <https://global.gotomeeting.com/join/868827341>

Meeting ID: 868-827-341

Dial-in #: (646) 749-3122

Access Code 868-827-341

## CONFLICT RESOLUTION – (Cynthia Miller)

**Description:** Conflict is an essential part of being human; however, *resolving* conflict is a choice. **There comes a time when you must choose between doing what your feelings and emotions tell you to do vs. doing what you *know* in your heart is the right thing to do.** This is referred to as *inner conflict*. *Conflict Resolution* will help you resolve *inner* conflict as well as *outer* conflict with others. Additionally, it trains you how to resolve conflicts quickly and peacefully while maintaining respect for yourself and others.

THURSDAY, JUNE 6

6PM – 7:30PM

**TCHAO; 2100 Circle Drive – CONFERENCE CENTER**

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SATURDAY, JUNE 8

9AM – 10:30AM

**TCHAO; 2100 Circle Drive – CONFERENCE CENTER**

## JOB CLUB

### TIME MANAGEMENT – (Cynthia Miller)

**Description:** The information shared in this workshop is designed to help you manage your time instead of it managing you. It will show you how using proper management skills will reduce stress in your life and help you get the most out of each day.

MONDAY, JUNE 10

9AM – 10:30AM

**Building 2300 Circle Drive – MAGNOLIA ROOM (across from gymnasium)**

## MANAGE THE STRESS IN YOUR LIFE – (Cynthia Miller) **FOR LADIES ONLY and BRING A FRIEND!!!**

**Description:** Stress is a state of worry and mental tension caused by a difficult situation. Everyone experiences stress to some degree; however, studies report the number of women experiencing stress is higher than men because they take on more responsibilities inside as well as outside their homes. Women also are more likely to internalize stress, leading to both physical and mental disorders, while men tend to externalize it in the form of aggression. **Bring a snack bag and let's identify our stressors and discuss ways to manage them.**

SATURDAY, JUNE 15

9AM – 10:30AM

**Building 2300 Circle Drive – MAGNOLIA ROOM (across from gymnasium)**