

2025 NOVEMBER WORKSHOP & TRAINING SCHEDULE

If you cannot attend the Monday Job Club Workshop, you may attend another workshop listed on the schedule.

PLEASE NOTE: the Assistance Connect Refresher Training CANNOT be used to receive workshop credit). Location of each workshop is highlighted. Doors open 15 minutes prior to the workshop start time and close 5 minutes after the start time. You MUST sign in and initial out to receive credit for attending a workshop. If you have questions, contact Cynthia Miller at cdmiller@tarrantcountytx.gov.

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.

THIS TRAINING CANNOT BE USED TO RECEIVE CREDIT FOR A JOB CLUB WORKSHOP!

Wednesday, November 5 9 – 10 AM

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

Meeting ID: 868-827-341

Dial-in #: (646) 749-3122

Access Code 868-827-341

BENEFITS OF A GRATEFUL HEART – (Cynthia Miller)

Description: Gratefulness is not an emotional feeling that is experienced during one season of the year, but it must become a daily lifestyle. A grateful heart provides numerous benefits, including improved mental and physical health. It leads to reduced stress, anxiety and depression. This workshop focuses on how to be grateful even in the midst of turmoil, obstacles and struggles.

Thursday, November 6 6 – 7:30 PM

TCHAO; 2100 Circle Drive – CONFERENCE CENTER

JOB CLUB

IT'S A NEW SEASON – (Cynthia Miller)

Description: If you are experiencing restlessness or sense a shift in your life, this could be a sign it's time to begin something new. With the start of fall, this is the perfect time to reboot and begin a new season in your life. Let's take a look at how to embrace the new and leave the old behind.

Monday, November 10 9 – 10:30 AM

2300 Circle Drive – GYMNASIUM

ELIMINATE HOLIDAY STRESS – (Cynthia Miller)

Description: The holidays don't have to be overwhelming or stressful. In the midst of the chaotic world we live in, it's important for all of us to maintain mental wellness. This workshop will provide tips on how to manage your thoughts and emotions to experience peace, not just during the holidays, but throughout the entire year.

Saturday, November 15, 2025 9 – 10:30 AM

2300 Circle Drive – MAGNOLIA

CHILDREN MAY ATTEND THE SATURDAY WORKSHOPS AS LONG AS THEY ARE QUIET!