



SIGN UP NOW

June

2026



Help. Healing. Hope.

Life Skills Institute

Current Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>1on1 Job Search Navigation <i>See back for details</i></p>	<p>2</p> <p>FreshRx Cooking Class <i>Registration required</i> (434) 846-5665 11:00 - 12:30</p> <p>2 Secrets to Success: Mentoring & Networking Job Readiness classes 5:00 - 6:00 PM</p>	<p>3</p> <p>1on1 Computer Skills Appointments Only</p>	<p>4</p> <p>Invest in Yourself 1on1 Financial Guidance Set an Appointment!</p>	<p>5</p> <p><i>Hours Vary</i></p>
<p>8</p> <p>1on1 Job Search Navigation <i>See back for details</i></p> <p>Seasons of Wellness Seasonal Health Tips Walk-ins Welcomed! 1:00 - 3:00</p> 	<p>9</p> <p>FreshRx Cooking Class <i>Registration required</i> (434) 846-5665 11:00 - 12:30</p> <p><i>No Job Readiness class tonight</i></p>	<p>10</p> <p>1on1 Computer Skills Appointments Only</p>	<p>11</p> <p>Invest in Yourself 1on1 Financial Guidance Set an Appointment!</p> <p>Home Essentials Home Cleaning Class 10:00 - 11:00AM</p>	<p>12</p> <p><i>Hours Vary</i></p>
<p>15</p> <p>Step-by-Step Painting Walk-ins Welcomed! 10:00 - 11:00</p> <p>1on1 Job Search Navigation <i>See back for details</i></p>	<p>16</p> <p>FreshRx Cooking Class <i>Registration required</i> (434) 846-5665 11:00 - 12:30</p> <p><i>No Job Readiness class tonight</i></p>	<p>17</p> <p>1on1 Computer Skills Appointments Only</p>	<p>18</p> <p>Invest in Yourself 1on1 Financial Guidance Set an Appointment!</p> <p>Home Essentials Home Cleaning Class 10:00 - 11:00AM</p>	<p>19</p>  <p><i>Hours Vary</i></p>
<p>22</p> <p>1on1 Job Search Navigation <i>See back for details</i></p>	<p>23</p> <p>FreshRx Cooking Class <i>Registration required</i> (434) 846-5665 11:00 - 12:30</p> <p><i>No Job Readiness class tonight</i></p>	<p>24</p> <p>1on1 Computer Skills Appointments Only</p>	<p>25</p> <p>Invest in Yourself 1on1 Financial Guidance Set an Appointment!</p> <p>Home Essentials Home Cleaning Class 10:00 - 11:00AM</p>	<p>26</p> <p><i>Hours Vary</i></p>
<p>29</p> <p>1on1 Job Search Navigation <i>See back for details</i></p>	<p>30</p> <p><i>No Classes</i></p>			

NOTES

Class descriptions and registration link on back

Complete this form to register for this month's classes:



You can also visit our website, visit us in-person, or call the number listed on the right to register.

CONTACT US

(434) 845-8468 ext. 800

lsi@parkviewmission.org

<https://www.parkviewmission.org/lsi>



ADDRESS

The lower level of The Plaza on Memorial Ave.

2323 Memorial Avenue, Suite #26

Lynchburg, VA 24501

(take the ramp down next to Rose's, then turn left)

Class Descriptions

All classes offered at LSI are **FREE** of charge! Come learn with us!

Job Readiness Come learn with us every Tuesday afternoon important soft skills needed in the workplace and everyday life! This month's offerings include communication, critical thinking & creative problem solving, time management & goal setting, professionalism & work ethic, mentoring & networking.

1on1 Appointments Meet with a member of our team for assistance in any of the following areas: basic computer skills, job search, career guidance, and/or work clothing needs. Please call or stop by to schedule your appointment.

Step-by-Step Painting Come enjoy a relaxed time of guided painting with Park View staff member Heather! This class is offered at LSI every month.

Job Search Navigation 1on1 Appointments Meetings available for those looking for a job, needing to create a resume, or want to make a career move. Every Monday afternoon! Walk-ins are welcomed by a *first come, first served* basis.

Invest in Yourself Get financial guidance with *UnitedBank* through personalized appointments meant to help you navigate your money with confidence. Our experts are here to support you and help you make informed financial decisions. Located at the CRC office at 2420 Memorial Avenue (church across the McDonalds).

SUMMER EDITION! **Seasons of Wellness** A 2-hour class held 5 times a year. Learn how to stay healthy as the seasons change! Get easy, practical tips you can use right away for nutrition, activity, sleep, and hygiene in each season. Build healthy habits that help with common seasonal issues like colds, allergies, heat stress, etc.

FreshRx Come learn about fresh, locally grown produce and how to cook yummy, healthy meals in this 4-week class. Take home fresh produce each week to try the recipes you learn in class! Register by calling Lynchburg Grows (434) 846-5665 or online at lynchburggrows.org/freshrx before the start of the first class.

BACK! **Home Essentials** This hands-on class teaches the fundamentals of keeping your home clean, organized, and healthy. **After graduating (attending all 3 classes)** from the class, participants will receive a set of cleaning supplies to take home and use to implement the skills learned and continue their practice.