



SIGN UP NOW

September

2026



Help. Healing. Hope.

Life Skills Institute

Current Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Mastering the Interview ! Job Readiness Curriculum 5:00 - 6:00 PM	2 1on1 Computer Skills Appointments Only	3 Food Is Medicine Part 1 of 4 More details on back! Invest in Yourself 1on1 Financial Guidance Set an Appointment!	4 Hours Vary
- CLOSED - 7 LABOR DAY	8 No Classes	9 1on1 Computer Skills Appointments Only	10 Food Is Medicine Part 2 of 4 More details on back! Invest in Yourself 1on1 Financial Guidance Set an Appointment!	11 Hours Vary
14 1on1 Job Search Navigation <i>See back for details</i>	15 No Classes	16 1on1 Computer Skills Appointments Only	17 Food Is Medicine Part 3 of 4 More details on back! Invest in Yourself 1on1 Financial Guidance Set an Appointment!	18 Hours Vary
21 Step-by-Step Painting 10:00 - 11:00 Seasons of Wellness Seasonal Health Tips <i>Fall Edition!</i> 1:00 - 2:00 1on1 Job Search Navigation	22 No Classes	23 - CLOSED -	24 Food Is Medicine Part 4 of 4 More details on back! Invest in Yourself 1on1 Financial Guidance Set an Appointment!	25 Hours Vary
28 1on1 Job Search Navigation <i>See back for details</i>	29 No Classes	30 1on1 Computer Skills Appointments Only	1	2

NOTES

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!

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.

BACK! **Mastering the Interview** Come learn helpful interview tips and strategies to feel confident and prepared for any upcoming interviews! Leave with the confidence and skills to make a great first impression!

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).

Seasons of Wellness: Fall Edition 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.

NEW! **Food Is Medicine** Join us in this fun and interactive cooking class to level-up your cooking and health knowledge! This class will focus on furthering your understanding on how certain foods can impact and help your body.