

# In the Know-Now

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## PRAXIS Housing Inc.

### FREE TAX ASSISTANCE—FAST TAX REFUND

If you are an individual and earned less than \$25000 or have children and earned less than \$45000 last year you qualify for free assistance in preparing your income tax.

CALL The MATCH Program 212 366-1030

## FREE COURSES FOR MIND, BODY, & SPIRIT

It's almost spring!!! Now that it's getting warmer (hopefully), this is a great time to think about a new start. In conjunction with GMHC, we're happy to announce available programs for both clients and staff.

Looking for a great way to brush up on your skills and to get familiar with Microsoft office packages at your own pace? The SUNY ATTAIN lab offers interactive, computer-based educational and occupational courses which allows the student to learn at their own pace. Everything from academic skills such as reading, writing and math to occupational skills including carpentry, electrical, plumbing, home health care, and general office skills are available.

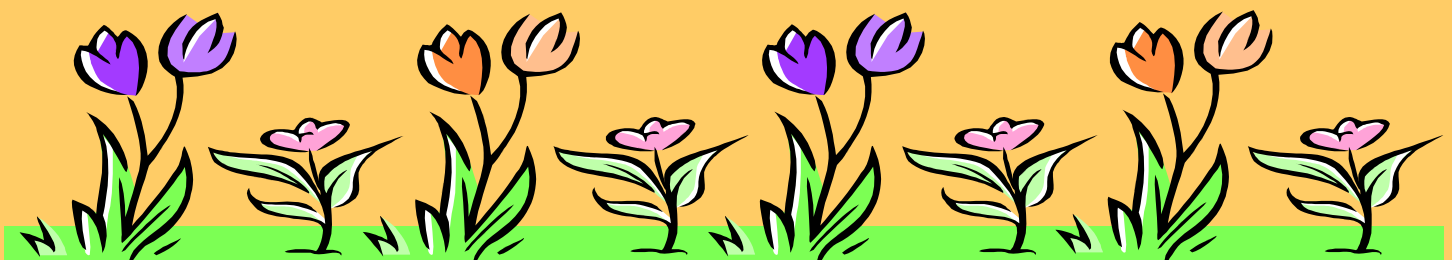
For those who have more knowledge and comfort with computers and looking for a career in the IT field, the GMHC MATCH Program is offering free IT training to become a Microsoft certified professional. Through this intense 20-week program, you can improve your skills and enter the technology field. Courses on certified desktop support technician, certified professional, certified trainer, and Microsoft Office Specialist are available.

GMHC MATCH offers guidance including resume development, employment counseling complete with a 24-station state-of-the-art computer lab. There's also plenty of opportunities for job placement and internships through their Office Assistant Program. You can even get your GED through the MATCH program.

But GMHC doesn't just help you with career services. GMHC offers great free events and workshops to help shake off winter. Not only can you get free chiropractic care but you can get in shape at the same time through yoga and meditation. For the more daring, you can even sign up for full-body acupuncture.

If you've got a flair for the arts, GMHC is there to help hone your skills. If you've ever wanted to draw, paint, sing or act- here's your chance to express yourself!

All these courses and more are available thanks to the help of Rey White. Please contact your case worker or vocational coordinator to find out more information and to sign up.



## **FREE Training at I C P**

Located at the corner of 1st Avenue and 24th street, ICP is the largest agency in NY State for Vocational and Education Services. They train and assist with job placement in the areas of

- Maintenance of Buildings
- Home Health Care
- Food Services Training
- Computer Training

ICP partners with employers and has helped people find jobs in Health Care, Social Services, Food and Catering, Hotel Services, Recreational Facilities and at various positions with City or State Government.

**Contact your case manager for signing up.**

### **WELCOME!**

#### **RIVERSIDE**

Charles Lewis - Vocational Coordinator  
Angel Rodriguez – Case Worker

#### **MAIN**

Inga Hyatt – Manager of Communications

**Congratulations! Every success in your new positions!**