

MOVING FORWARD



A free 8 week class for families receiving TANF
who are interested in learning more about:

- ❖ Self -Confidence
- ❖ Communication
- ❖ Conflict Resolution
- ❖ Healthy Relationships
- ❖ Career Search
- ❖ Goal Setting
- ❖ Money Management
- ❖ Self-Care

When: Monday, April 7th
Time: 10:30-12:00 pm

OR

Wednesday, April 9th
Time: 10:00-11:30 am

Where: Options Counseling
2645 Portland Road NE #120
Salem, OR 97301

Call Options Counseling at 503-390-5637
**Child care is not provided*