



Wellness Services*

[Participant profile: All TANE Participant skills levels experiencing employment barriers related to health wellness.]

Services for clients seeking support for mental health and wellness. Information about resources in the community are provided to address mental health or substance abuse issues for individuals and families.

Medical Case Consultant*

[Participant profile: All TANE Participant skill levels experiencing employment barriers related to physical health and wellbeing.]

Services to assess and assist clients who are experiencing medical barriers that are preventing them from accessing training, education or employment.

NUNM Community Health Center

[Participant profile: any PCC students, Metro participant, and community members.]

CHC offers integrative medical care by the region's foremost naturopathic physicians and their finest medical interns—all working together to bring you coordinated care. Your improved health is our goal. Your primary care team will provide you with the most effective healing treatment options to address your unique health concerns, and assist you in achieving and maintaining your ideal state of health and wellness.

The NUNM health centers address a wide range of health concerns, including nutrition, allergies, diabetes, STD testing and treatment, cold/flu, digestive disorders, preventive care, and more. We look forward to being your partner in good health!

About PCC Workforce Network

Workforce Network is an organization committed to finding solutions to optimize workforce performance. Serving the needs of Portland's North and Northeast regions, we specialize in helping businesses fulfill their human resource needs and job seekers in their career development. Our mission: strengthening the economy with a diverse job ready workforce by providing customized training, employment, and business services.

The **Portland Metropolitan Workforce Training Center (PMWTC)** is located in urban northeast Portland and is part of PCC's Extended Learning Campus. Opened in 1998, offering a variety of training programs designed to help people receiving public assistance, develop their skills, and position them to be competitive for family wage jobs.

Employment Marketplace

[Participant profile: All job seekers all welcome – open to the public.]

FRIDAYS: 9:00-10:30AM @ PCC METRO—BLDG. 2

Weekly job fair featuring presentations by employers to match job seekers' skills and abilities with employers' immediate job openings. Meet employers face to face and engage in hiring-related Q & A. For more information and this week's featured employers, visit the pcc.edu/metro.

PCC Metro Center

**5600 NE 42ND Ave
Portland, OR 97218
Phone: 971-722-2000
pcc.edu/metro**

Trimet Bus Lines: 72 & 75



PCC METRO CENTER





Job Search Orientation*

[TANF Participant profile: Job-ready, current resume, recent work history.]

Job search tools such as Master Application, social media, resume writing, job search motivation, empowerment, assessments, Oregon labor market info, current job listings, resources & referral and how to complete job logs.

Life Skills*

[Participant profile: Limited work place skills & habits, decision making, budgeting, & relationship building.]

Group & 1:1 support with career assessments, develop helpful work place habits & social skills. Research and improve skills to: Building self esteem, Employment retention, work life balance, problem solving, budgeting, parenting, time-management, and more.

Discovering Options*

[TANF Participant profile: Limited or no work experience, poor job retention, multiple employment barriers.]

Skill-building, career planning and coaching. Presentations from knowledgeable, motivational guest speakers. Personalized résumé, cover letters, disclosure letters, mock interviews and life skills, master application completion.

JOBS Plus*

[TANF Participant profile: Job-ready but unfruitful job search, needing additional job related skills.]

Paid employment in wide variety of public, private and not-for-profit workplaces, learn valuable workplace skills, 6 month duration, often leading to direct hire.



Work Experience*

[TANF Participant profile: Limited or no recent work experience, in need of good work reference.]

Volunteer internship opportunities in wide variety of public, private and not-for-profit workplaces. Build skills, expand experience and gain references for the future.

GED*

[TANF Participant profile: All skills levels interest in training and continuing general education diploma (GED).]

Individualized assessment and placement, program exploration and selection to meet individual needs. GED preparation classes, tutoring, one on one coaching, practice exams and final exam support and referral.

Vocational Training*

[TANF Participant profile: Beginning level education.]

Training and continuing education to obtain higher wage jobs, credentials and certifications in support of achieving career goals. Program and career exploration, securing funding, internships, apprenticeships, informational interviews.

English Language Learners*

[TANF Participants that are English language learners interested in gaining employment skills.]

Employment-focused English language coaching, specialized résumé creation, one-on-one personalized program development, personalized job development, utilizing language translation services as needed.

TANF Participant programs — For people who qualify for Temporary Assistance for Needy Families (TANF)



Spanish

[Participant profile: Any community member.]

Fast Paced – Studied Spanish long ago but forgot most of it? Join the fast-paced beginners' class for those with previous yet rusty experience. We will converse in basic present tense and quickly move on to past and future.

Senior Studies Institute

[Participant profile: All Older Adults.]

PCC offers a unique program for dynamic older adults who want to expand their horizons and connect with others. SSI offers learning in a pressure-free atmosphere – no grades, no bell curves, no tests, no papers, no compulsory attendance, no competitive pressures and no formal faculty.

SSI is a member-driven organization and course proposals are generated by the membership. SSI is special because its members plan, conduct and run the institute's programs and classes.

Upholstery

[Participant profile: Any community member.]

Breathe new life into old furniture with the skills you learn in this class. An upholstery kit and some supplies provided. You provide project and fabric. Beginning – Bring an old upholstered stool or a simple dining room chair. You'll master the basic skills that will allow you to move on to more complex project.

Portland Community College is an Affirmative Action, Equal Opportunity Institution.

If you experience disability related barriers or anticipate a need for accommodation please contact the event planner. For additional resources, or to provide feedback, please see <http://www.pcc.edu/about/accessibility>