



UMB Community Engagement Center

Week of January 30, 2023

The University of Maryland, Baltimore (UMB)
Community Engagement Center (CEC)
offers a wide variety of weekly programming!
To view and register for all our opportunities, including our weekly
art and fitness classes, please click [*here*](#).

x x x x

**The CEC Health Suite,
Workforce Wednesday, art,
and fitness programs will
be cancelled from Tuesday,
Jan. 31 to Thursday, Feb. 2.**

x x x x

Makerspace Trainings

Monday, Jan. 30
1:30-3:30 p.m.

Learn to safely operate Makerspace tools in our weekly **introductory trainings**.

This week's workshop will cover the basics of Vinyl Cutter and Cameo.

Once you've been to one of our Makerspace training classes, CEC Makerspace invites you to attend our Open Build sessions, where you can use your training to make your own creations.

Adults only.

For questions, please email [Cori Leyden- Sussler](mailto:Cori.Leyden-Sussler@cec.state.nj.us) or call 410-706-5211.

Register and view more upcoming trainings [here](#).



Family Science Show

Friday, Feb. 3
6-7:30 p.m.

Meet "Rocket Reba," the wacky scientist from **Team Eric Energy**, who will show you just how FUN learning can be. The whole family can enjoy participating in an interactive science presentation where you'll get to experience science with all of your senses!

This show is ideal for ages 4 to 15. Youth must be accompanied by an adult at all times.

For questions, please email [Liv Myers](mailto:Liv.Myers@cec.state.nj.us) or call 410-706-5620.

Register [here](#).



Now Registering

Submissions are Open for UMB's Art and Literary Journal

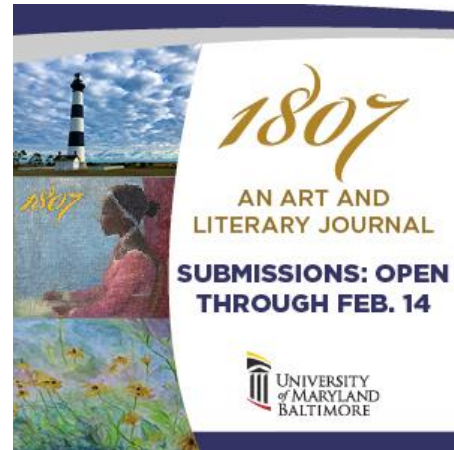
Open until Feb. 14

Submissions for the next issue of **1807: An Art and Literary Journal** are being accepted until Feb 14., 2023. UMB faculty, staff, and students, affiliates, alumni, University of Maryland Medical Center employees, retirees, and West Baltimore neighbors are encouraged to submit their works.

Share your favorite original creation in the following categories:

1. Painting
2. Drawing
3. Photography
4. Sculpture
5. Clay
6. Metal
7. Glass
8. Wood
9. Illustration
10. Digital Art
11. Textiles
12. Jewelry
13. Narratives
14. Short Story
15. Essay
16. Poetry

Submissions will be accepted, online only, through Feb. 14, 11:59 p.m., [here](#).



Tuesday, Jan. 17 to Tuesday, April 18

Schedule your **free tax preparation** appointment with The Cash Campaign of Maryland. Returns prepared for tax year 2022 for households with income of \$60,000 or less.



Appointments are available Tuesday through Saturday, 9 a.m. to 5 p.m.

To register for an appointment, please click [here](#) or call 410-234-8008. Be sure to request the CEC as your location.

PAL (Police Athletic/Activities League)

Mondays and Wednesdays 4-5:30 p.m.

The **UMB PAL Program** provides free mentoring and enrichment for youth in grades 3 to 8 with mentors from the UMB Police Department. The program provides participants with opportunities to learn and play through games and fun activities. Youth also build relationships with UMB police and security officers and gain a better understanding of what it takes to serve the community.



For questions, please email [Liv Myers](#) or call 410-706-5620.

Complete the interest form [here](#) to be contacted by a member of staff.

Upcoming Programming

Makerspace Trainings

Monday, Feb. 6 1:30-3:30 p.m.

Learn to safely operate Makerspace tools in our weekly **introductory trainings**.

This week's workshop will cover the basics of setting up, using, and troubleshooting sewing machines.

Once you've been to one of our Makerspace training classes, CEC Makerspace invites you to attend our Open Build sessions, where you can use your training to make your own creations.

Adults only.

For questions, please email [Cori Leyden- Sussler](mailto:Cori.Leyden-Sussler@cec.edu) or call 410-706-5211.

Register and view more upcoming trainings [here](#).



Chat n' Paint

Monday, Feb. 6 6-7:30 p.m.

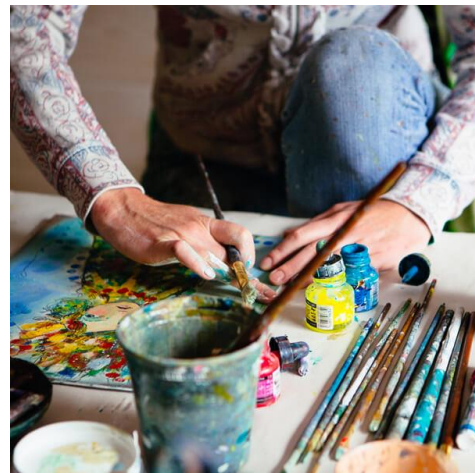
The CEC invites you to join us on the first Monday of every month for **Chat n' Paint!**

Paint along with an instructor while you enjoy some delicious (non-alcoholic) beverages. No art experience is needed.

Adults only.

For questions, please email [Liv Myers](mailto:Liv.Myers@cec.edu) or call 410-706-5620.

Register [here](#).



Community Meal

Wednesday, Feb. 8 Noon-1 p.m.

The CEC invites you to join us for a **free community lunch!**

All meals are grab and go. One meal per person; you must be present to receive a meal. Please bring a bag.

No RSVP required.



Community Chess

Friday, Feb. 10 6-8 p.m.

Join us at the CEC for a family-friendly evening of chess.

Coaches from **The Board Room Chess** will guide players at all levels of play, whether it's your first time or you've been playing for years.



Suitable for ages 5+. Youth must be accompanied by an adult at all times.

For questions, please email [Liv Myers](#) or call 410-706-5620.

Register [here](#).

Family Art

Monday, Feb. 13
6-7 p.m.

The CEC invites you to join us for **Family Art!**

Follow along with an instructor to explore a new art medium every month. No art experience is needed.



Suitable for all ages. Youth must be accompanied by an adult at all times.

For questions, please email [Liv Myers](mailto:Liv.Myers@cec.org) or call 410-706-5620.

Register [here](#).

Candles and Conversation

Tuesday, Feb. 14
11 a.m.-12:30 p.m.

PerfectlyLit Candle Company will lead you through a 90-minute workshop where you will learn to make one 5.5oz hand-crafted candle, while enjoying light refreshments, stimulating conversation, and a good time.



Adults only.

For questions, please email [Liv Myers](mailto:Liv.Myers@cec.org) or call 410-706-5620.

Register [here](#).

Family Movie Night

Friday, Feb. 17
6-8 p.m.

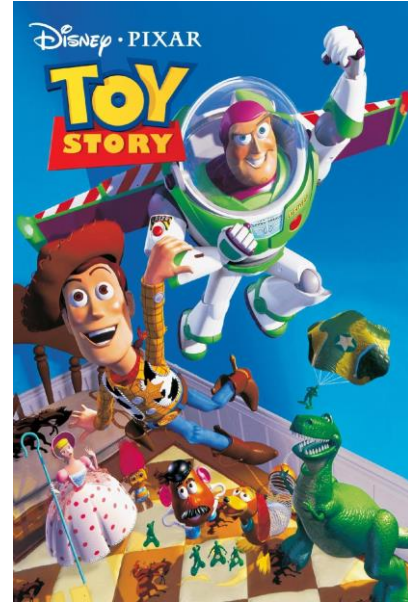
The CEC invites families to join us for a family-friendly screening of Disney's "Toy Story."

Popcorn and movie snacks will be served.

Suitable for all ages. Youth must be accompanied by an adult at all times.

For questions, please email [Liv Myers](mailto:Liv.Myers@cec.edu) or call 410-706-5620.

Register [here](#).



From Our Partners

Free Property Management Training Program

May 15-July 24
9 a.m.-5 p.m.

Apply by March 15

Join Paul's Place **FREE Property Management Training Program**. Students (18+) will receive training in apartment leasing, participate in a paid internship, and have access to ongoing mentorship and coaching by professionals in the field.



For questions, please call Danielle Lew at 667-210-2216.

To learn more and apply online, click [here](#).

Food Rescue to Go!

4MyCiTy has partnered with Door Dash to bring you our **Food Rescue To Go!** Program. Fresh, edible, rescued food items delivered to your door completely free!

Everyone within a ten-mile radius of the 4MyCiTy warehouse (located at 1300 S. Monroe Street, Baltimore, MD 21230) is eligible.

For questions, please email wecare@4mycity.us or submit a question using our [online form](#).

Sign up for the program [here](#).



Every Week

JustAdvice



The JustAdvice® Project

Every Tuesday at your Community Engagement Center for a limited time.

Have a legal problem? If so, sit down with a lawyer from **The JustAdvice® Project** to discuss your legal questions and receive brief advice, free of charge.

Advice sessions will be held every Tuesday, **3:15 to 5:15 p.m** from

- **September 6, 2022 to November 22, 2022**
- **January 17, 2023 to March 14, 2023**
- **March 28, 2023 to April 11, 2023**

To make an appointment, call 410-929-4809 or [email](#). We highly encourage appointments; however, walk-ins are also welcome (walk-ins must arrive by 4:15 p.m. to be seen).

To ensure confidentiality, please wait to discuss your legal issue with a JustAdvice® Project Attorney, do not include information with your appointment. Be sure to bring any relevant documents to the session.

Free Fitness Classes



Yoga: Mondays 5:45-6:45 p.m.

Join us for a soothing session. Have your mat, towel, and water ready.

Line Dancing: Tuesdays 6-7 p.m.

Move and groove to high-energy dances like the "Wobble" and "Cupid Shuffle."

Senior Dance: Thursdays 10-11 a.m.

This exciting class is designed for older adults to improve health and physical mobility.

Zumba: Thursdays 5:30-6:30 p.m.

Join this supportive dance class that cheers one another on while moving at your own pace.

Fresh Start: Saturdays 10-11 a.m.

This class will provide you with high- and low-intensity interval training, along with resistance band training,

All fitness classes are DROP-IN only.

Free Weekly Art Classes



Free Weekly Art Classes

UMB's CEC is partnering with **Art With a Heart** to provide free weekly art classes. Each week, participants will be guided through a new visual art project while exploring a variety of artists and techniques.

Class Times:

Adults (18+) Chat 'n Paint: First Mondays **6-7:30 p.m.**

Adults (18+): Wednesdays **5:30-7 p.m.**

Seniors (55+): Fridays **Noon-1:30 p.m.**

Families: 2nd Mondays **6-7 p.m.**

All levels welcome!

For questions, please email [Liv Myers](mailto:Liv.Myers@umb.edu) or call 410-706-5620.

Please be sure to register early as space is limited.

Register [here](#).

Financial Empowerment at the Community
Engagement Center

The CASH Campaign is offering the following free services at UMB's CEC:



- **Free Tax Preparation**

- January 17, 2023 to April 18, 2023, Tuesday to Saturday, 9 a.m. to 5 p.m.
- For households with income of \$60,000 or less
- Returns prepared for tax years 2022

- **Free Benefits Screening**

- Fast, accurate, and confidential screening for 22 benefit programs
- Benefits include help with food, phones, medication, energy assistance, and more

- **Free Financial Coaching**

- Ongoing support by phone or video
- Achieve short-term goals – budgeting, building credit, and paying off debt

- **Free Financial Planning**

- One private session with a Certified Financial Planner®
- Achieve long-term goals – retirement, college savings, and homeownership

Appointments only:

- For tax preparation, call 410-234-8008
- For all other services, make an appointment [here](#) or call 410-541-5086

Community Computer Lab Open Daily



Free Community Computer Lab

16 S. Poppleton St. Baltimore, MD 21201

- **Lab Hours:** Monday through Friday, 9 a.m. to 5 p.m. Please call ahead to ensure availability
- **Printing:** Maximum of 25 black and white copies can be made during each visit
- **Open to All:** Youth (17 and younger) must be accompanied by an adult.
- **Contact:** Call 410-706-8260 or [email](#) for more information

Workforce Wednesdays:
Employment Help, Walk-Ins Welcome!

Looking for a job?

"Incredible! I've been trying to find a job for a year, but working with UMB's Workforce Wednesdays I got connected to the right people. I had a mock interview within 3 weeks and now I've scored a great offer."

— SATISFIED "CUSTOMER"



WORKFORCE INITIATIVES

In-Person Sessions: Wednesdays 2-5 p.m.

Virtual Sessions: use appointment link [here](#)

UMB's CEC

16 S. Poppleton St.

- Create a resume or update your old one
- Learn about jobs at UMB, University of Maryland Medical Center, and more
- Sign up for FREE GED classes and career training in the neighborhood

211 Maryland United Way Helpline



If you live in one of these neighborhoods and would like to be contacted by a **211 Community Resource Specialist** located in UMB's CEC, follow the directions below:

- Barre Circle
- Franklin Square
- Hollins Roundhouse
- Mount Clare
- Pigtown
- Poppleton
- Union Square

DIAL 211

Please listen for the prompt "If you live in Southwest Baltimore ..."

OR VISIT uwcm.org/CEC211

For Your Health

Visit the CEC Health Suite on Wednesdays for Health Care Support



Community Engagement Center Health Suite

The CEC Health Suite supports neighbors with health and social needs.

SOME EXAMPLES OF INTERVENTIONS INCLUDE:

- Conducting health assessments and screenings to link neighbors to providers.
- Assisting neighbors with health care navigation and coordination.
- Increasing neighbors' knowledge of health conditions.
- Working with neighbors to create plans to manage their health.
- Providing health education and coaching.
- Connecting neighbors to resources that can assist with health and social needs.
- Reducing barriers to healthy living.

WE ARE OPEN ON WEDNESDAYS

There are three ways to connect with us:

1. Click [here](#) to schedule your appointment with the CEC Health Suite. Appointments can be made between **10 a.m.-2 p.m.**
2. You can stop in during walk-in hours on Wednesdays from **2-3 p.m.**
3. Call us at 410-706-1971.

Community Asthma Program

Mondays through Fridays
8:30 a.m.-4:30 p.m.

The **Community Asthma Program** provides education, supplies to decrease asthma triggers, and case management. Home visits (virtual and in-person) are available for children with asthma.



For questions or referrals, please call 410-396-3848 or email asthma@baltimorecity.gov.

Interested in Getting a COVID-19 Vaccine?



END COVID-19

Everyone's Health Depends On It.

[GetTheVaccineBaltimore.org](https://www.getthevaccinebaltimore.org)

For Baltimore City residents who qualify and who still need their second COVID-19 vaccine appointment, please visit: [getthevaccinebaltimore.org](https://www.getthevaccinebaltimore.org).

A list of other vaccination sites and resources are available as well.

