



## UMB Community Engagement Center

*Week of January 2, 2023*

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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](#).

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Please note there will be no CEC programming (including art classes, fitness classes, Makerspace, and family programming) from Tuesday, Jan. 3-Friday, Jan. 6.

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## Makerspace Trainings

**Saturday, Jan. 7**  
**10a.m.-Noon**

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

This week's workshop will cover the basics of hand embroidery.

Adults only.

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

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



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***Now Registering***

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## Introductory Sewing Program

## Begins Wednesday, Jan. 11 10a.m.-Noon

Join us every Wednesday for our free four-week **introductory sewing program!**

You'll learn:

- Six different hand stitches
- How to operate a sewing machine
- How to sew seams and seam finishes
- How to read Sewing Patterns and much more!

Adults only.

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

Register [here](#).



## 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](mailto:Liv.Myers@umb.edu) or call 410-706-5620.

Register [here](#).

## Upcoming Programming

## Makerspace Trainings

**Monday, Jan. 9**  
**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 hand embroidery.

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](#).



## Family Art

**Monday, Jan. 9**  
**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.edu) or call 410-706-5620.

Register [here](#).

## Candles and Conversation

**Tuesday, Jan. 10**  
**5:30-7 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](#).

## Community Meal

**Wednesday, Jan. 11**  
**5:30-6:30 p.m.**

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

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.**

## GED Info Session

**Wednesday, Jan. 11**  
**5-6 p.m.**

Do you know someone who wants to get their high school diploma? The CEC is partnering with the South Baltimore Learning Center to bring **GED classes** to the neighborhood.

Pending enough interest, evening classes are estimated to start the third week of January.

For more information or to let us know you're interested, please come to our information session!

For questions, please email [Lisa Rawlings](mailto:Lisa.Rawlings@cec.org) or call 410-706-1931.

Register [here](#).



## Community Chess

**Friday, Jan. 13**  
**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](mailto:Liv.Myers@cec.org) or call 410-706-5620.

Register [here](#).

## Family Movie Night

**Friday, Jan. 20**  
**6-8 p.m.**

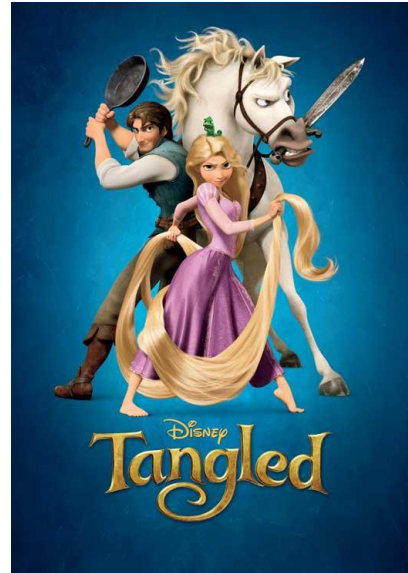
The CEC invites families to join us for a family-friendly screening of Disney's "**Tangled.**"

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.org) or call 410-706-5620.

Register [here](#).



## Administrative Assistant Career Training Open House

**Wednesday, Jan. 25**  
**5-6 p.m.**

Increase your value to potential employers and start earning more than minimum wage.

Join Humanim's Award-Winning **Administrative Assistant Career Training** program for FREE!

Attend our open house and learn about the free 9-week course of instruction for Baltimore City and County residents to prepare them for careers as administrative assistants.

### **ELIGIBILITY**

Westside residents strongly encouraged to apply!

- Required age 18–40



- Unemployed or underemployed, or Admin looking to refresh skills
- High school diploma or GED
- 10th grade reading and 8th grade math level (assessment required)
- Previous clerical or administrative experience is a plus!

For questions, please email [career-training@humanim.org](mailto:career-training@humanim.org) or or call 410-381-7171.

Register [here](#).

## Every Week

### 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](#).

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Financial Empowerment at the Community  
Engagement Center

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



**Free Tax Preparation**

- For households with an income of \$58,000 or less
- Returns and amendments prepared for tax years 2016 to 2021
- In-person appointments every Friday

**Free Benefits Screening**

- Fast, accurate, and confidential screening for 22 benefit programs
- Benefits include health insurance, food stamps, phones, energy assistance, and more
- In-person appointments every Tuesday

**Free Financial Coaching & Planning**

- Get support for reaching your short-term goals (e.g. budgeting, credit repair) and/or long-term goals (e.g. saving for retirement, college savings, and/or homeownership)
- Learn more about the Student Loan Debt Relief application and receive financial coaching
- Phone screenings by appointment every Monday

**There are two ways to connect with us:**

- Make an appointment [here](#) or call 410-541-5086
- Stop in during walk-in hours from 2-5 p.m. every Wednesday

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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](http://uwcm.org/CEC211)

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## ***For Your Health***

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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.

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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](mailto: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.



