

# UPCOMING COURSES & TRAININGS ZIIGWAN (SPRING) 2023

**DI OFFICE**43500 Migizi Drive
Onamia, MN 56359
320-532-7407

**DII OFFICE**201 W Hwy 210 Su. 100
McGregor, MN 55760
218-768-5330

DIII OFFICE 45749 Grace Lake Road Sandstone, MN 55072 320-384-6240 URBAN OFFICE 1404 E Franklin Avenue Minneapolis, MN 55404 612-746-4800

TO STAY UP TO DATE ON EVENTS, BE SURE TO FOLLOW US ON FACEBOOK!



TO APPLY FOR SERVICES OFFERED BY AANJIBIMAADIZING, GO TO AANJI.ORG OR SCAN THIS QR CODE WITH YOUR PHONE'S CAMERA.

# **ABOUT OUR TRAININGS**

Aanjibimaadizing works to produce and offer quality trainings that improve our client's lives. With that:

- Some of the courses are marked "Aanjibimaadizing Clients only" or "Ge-niigaanizijig only". We encourage you to call or stop by your local Aanjibimaadizing office to apply. If requesting services, please register at least two weeks in advance.
- We open trainings to others in the community when able; these are marked "Aanjibimaadizing participants have first priority." If others are interested in attending, they can be placed on a waiting list and will be notified (typically 7-10 days prior to the event) if there are openings.
- We also work to promote trainings that meet our high standards and are held by outside sources that are open to the public. We often assist our clients with the registration cost and transportation needs. If you are interested in one of these courses, but are not eligible to become a client, you are welcome to contact the facilitator or sponsoring organization to register.
- If a course has passed that you are interested in, please call 320-532-4706 and let us know that you would like to attend the next time it is offered.
- Training orientation is required for clients beginning WEX or those taking in-person Aanjibimaadizing trainings.
- If a current Aanjibimaadizing client, with the course added to your training plan by your case manager, you may be eligible for assistance to cover supplies, transportation, or lodging.

# **GUIDELINES**

Failure to follow these basic rules may result in loss of incentives (no money) and future training session opportunities:

- Be on time for the start of the training each day.
- Be on time and in the right location for transportation to and from the event site, if needed.
- Return from breaks on time, or ahead of time. Don't be late.
- Treat trainers, staff, and other participants with respect by listening, keeping side conversations to a minimum. Please and thank you go a long way. Use manners.
- Actively participate in the training by answering questions, participating in the conversation as appropriate and showing respect for others.
- Remember you are representing the Mille Lacs Band of Ojibwe and Aanjibimaadizing program.
- No drinking of alcoholic beverages.
- Smoking and Vaping only in designated areas.
- No illegal drug use.
- No foul language; be respectful.
- Damages to hotel and training facilities will not be tolerated.
- Have fun!

# COMPLETION INCENTIVES

To be eligible for completion incentives, you:

- Must be a current Aanjibimaadizing client with the course added to your training plan by your case manager.
- Must attend all classes and complete this course in its entirety.
- Must complete the course satisfactorily and follow Guidelines for Attending Aanjibimaadizing Trainings.
- Turn in a copy of your certificate or proof of completion to your case manager.
- If you leave or are removed from a training due to behavior or failure to follow client responsibilities, you will forfeit your incentive.
- If you obtain employment using your certificate within one year of the course completion, you are eligible to receive a \$500 Bonus Incentive. (Must turn in employment verification to prove employment.)
- Incentives could take up to 3 weeks to process.

# **CALENDARS**

See the end of the catalog for training calendars. Calendars for all months through August have been included to accommodate courses offered through Pine Technical and Community College. Please note that there will be future additions to most of these.

# ORIENTATION

# Training Orientation & COVID-19 Safety Training



Meeting ID: 815 3294 6858

Passcode: aanji

Course: **Training Orientation**Facilitator(s): Aanjibimaadizing Instructors

Description: This one-hour online course is based on the seven teachings and helps prepare you for upcoming training

experiences. Helping to prepare you for success, it covers training expectations, answers frequently asked

questions, and covers the latest COVID-19 safety protocols to keep you and your families safe.

Date/Time: Held every Friday. Only need to attend one session.

11:00am - 12:00pm

Location: Online

Cost: There is no cost for this event.

Registration: Contact your case manager to register. Must attend one session to participate in WEX or in person trainings.

Completion \$30. Must be a current Aanjibimaadizing client who has completed the course and has the course added to their

Incentive: training plan. See page 2 for more details.

# **ACADEMICS**

Aanjibimaadizing provides adults with educational opportunities, guidance, and support to acquire and improve the skills that are necessary for employment and being productive family and community members.

Course: GED Academy – Online GED STUDY Course

Facilitator(s): Aanjibimaadizing Instructors

Description: GED Academy is an online study course that learns what your strengths and weaknesses are and develops a

study plan that suits everyone. This resource is a great tool to help learners develop their skills. Courses covered include reading and writing to communicate, mathematics, problem solving, critical thinking, and information

processing.

Date/Time: This course is available from our Aanjibimaadizing classroom instructors from 8:00am to 5:00pm daily.

Location: All districts and online.

Cost: There is no cost for this training. Must be a current Aanjibimaadizing client.

Pre-requisite: Participants must meet with an instructor and complete CASAS assessments.

Registration: Contact your case manager to register.

Completion Varies with individual needs. Must be current Aanjibimaadizing client who has completed the course and has the

Incentive: course added to their training plan. See page 2 for more details.

# Adult Diploma Basic Skills Adult Diploma Basic Skills Adult Diploma Credit Recovery GED & more! Education



Meeting ID: 878 7590 7341

Passcode: abe

Course: Adult Basic Education (ABE)

Facilitator(s): Aanjibimaadizing Instructors/ABE Volunteers

Description: Adult Basic Education students work on improving basic skills that help prepare them for future education,

training, or employment opportunities. Through this program we can offer assistance in the following areas: Adult Diploma, Basic Skills Enhancement, Family Literacy, GED, Credit Recovery and Workplace Literacy.

Date/Time: ABE help is available in all districts in our Aanjibimaadizing classrooms from 8:00am to 5:00pm daily and online

4:00pm to 5:00pm on Tuesdays throughout the year.

Location: All districts and online.

Cost: There is no cost for this training.

Registration: Contact your case manager to register. Must be a current Aanjibimaadizing client.

Completion \$30 per session. Must be current Aanjibimaadizing client who has completed the course and has the course added

Incentive: to their training plan. See page 2 for more details.

# CAREER READINESS

Building skills and competencies is essential to achieve self-sustenance. We recognize that training for individuals must align with the needs of business and industry. Our trainings are designed to help people develop the skills they need to enter the workforce. There are several ways we support these needs:

Course: Driver's License Exam Practice and Reinstatement Assistance

Facilitator(s): Aanjibimaadizing Instructors

Description: Getting a new permit/license or working on reinstating your driver's license? We can help you navigate the

process, learn what to expect, and help you with the things you need so you can get behind the wheel faster.

Date/Time: This course is available from all of our Aanjibimaadizing classroom instructors from 8:00am to 5:00pm daily.

Location: All districts and online.

Cost: There is no cost for this training. Must be a current Aanjibimaadizing client.

Registration: Contact your case manager to register.

Completion Varies with individual needs. Must be current Aanjibimaadizing client who has completed the course and has the

Incentive: course added to their training plan. See page 2 for more details.



# UPCOMING CARFFREORCE WORKSHOPS

If you are looking for work, you will want to participate in one of these webinar workshops to help you learn how to be successful in your job search in today's economy, get advice, and develop new strategies. Go to <a href="https://www.careerforcemn.com/virtual-interactive-services-career-seekers">https://www.careerforcemn.com/virtual-interactive-services-career-seekers</a> for more information or to register.

The completion incentive is \$30 for each course. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# My Road to Success

Our My Road to Success, virtual training program provides you with the skills needed to be successful at any job. Training focuses on your individual career development, Personal Empowerment, and the 21st Century Skills that today's employers are in search of. Held every Monday, Tuesday, Wednesday and Thursday via Zoom from 1:00 p.m. – 2:30 p.m.

# Creative Job Search: Tools of the Job-Hunting Trade (Resumes)

This session will help you to understand why targeting your resume is so important and how to do it. We will discuss formatting, Applicant Tracking Software, accomplishment statements, and touch on cover letters too.

Online, February 14, 10:00 AM - 11:00 AM

# **New Leaf Online**

This workshop provides tailored information for job seekers who have a criminal record and are looking for work. It will help justice involved individuals who are having a difficult time obtaining employment due to their criminal record.

Online, February 15, 10:00 AM - 11:30 AM

CareerForce Recorded Online Workshops and Classes can help you explore your options, showcase your skills with a solid resume and prepare for the interviewing process through live online workshops, live Job Club Online, recorded workshops and other offerings. Go to <a href="https://www.careerforcemn.com/recorded-online-workshops-and-classes">https://www.careerforcemn.com/recorded-online-workshops-and-classes</a> to access training content. The completion incentive is \$30 for each recorded course. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# ONLINE JOB SEARCH TRAINING THROUGH UIMN.ORG

Looking for work takes skill and effort - learn job search skills with this series of eLearning classes. You can go at your speed and take one class or several. Each class is about one hour in length and is broken into topics that include instruction, interaction, and learning activities. Go to <a href="https://www.uimn.org/applicants/job-search-videos.jsp">https://www.uimn.org/applicants/job-search-videos.jsp</a> to take these trainings.

Completion incentive \$30 each. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# Introduction to Job Search

Looking for work can be stressful. An effective job search requires knowledge and skill. Learn about where people find jobs, what employers expect, how to manage job loss and change, and strategies for a successful job search.

# Resume Class

When you are looking for a job you're selling a product – you. Your resume is an important tool to market your qualifications to potential employers. Learn how to write a resume and use it in your job search.

# Networking

Networking is one of the most effective job search strategies you will use. Learn about the benefits of networking and ways to network in your job search.

# Interviewing

An employment interview is simply a meeting between you and a potential employer to discuss your qualifications, where the employer has a chance to learn about you and how you fit into the organization, and you have a chance to learn about the company and whether it's right for you. Learn how to interview effectively and win the job.





Meeting ID: 320 362 4139

Passcode: aanji

Course: **Da-nandaanokiing (Job Readiness)** 

Facilitator(s): Deb Campbell

Description: This fun course is intended to develop basic skills needed for working life. It includes

training in professionalism, communication, goal setting, job searching, networking,

resume and portfolio development, along with interview skills and more!

Date/Time: 2:00pm to 4:00pm Mondays throughout the year.

Location: Online.

Cost: There is no cost for this training.

Pre-requisite: Participants must meet with an instructor and complete orientation prior to attending class.

Registration: Contact your case manager to register. Must be a current Aanjibimaadizing client.

Completion \$30 each session. Must be current Aanjibimaadizing client who has completed the course

Incentive: and has the course added to their training plan. See page 2 for more details.

# **BUSINESS DEVELOPMENT**

Course: Endazhi-maawanji'idiing (Business/Entrepreneurship Group)

Facilitator(s): Karen Pagnac

Description: A lot of us dream about starting a business. This group was started to help you fulfill your

business ownership goals and achieve greater success. This group is for those that would like to learn more about entrepreneurship; those that have an idea, but aren't sure how to

get started; and those that have established a business and are looking for ideas to

improve it.

Date/Time: Held every Tuesday 10:00am – 11:00am online and in person by appointment

Welcome and encouraged to attend multiple sessions.

Cost: There is no cost for this training. Must be a current Aanjibimaadizing client.

Registration: Contact your case manager to register.

Completion \$30 each session. Must be current Aanjibimaadizing client who has completed the course

Incentive: and has the course added to their training plan. See page 2 for more details.



Meeting ID:

859 6520 1006

Passcode: aanji



Access online E-learning for Native entrepreneurs and businesspeople to start or expand your small business. Join live webinars and meet with our awesome #nativeSBA trainers in real time, or view webinar recordings on your own schedule.

Join the Sister Sky Inc. E-Learning center to receive 8 modules of small business training materials. Upon completion of the course, you can earn CEUs. <a href="https://nativesba.sisterskyinc.com/">https://nativesba.sisterskyinc.com/</a>

# **JOB SKILLS**

A key piece of finding a job is making sure you have the necessary skills and knowledge. We offer different training courses in a variety of areas to help you become the best possible candidate for your next career. In addition to making the programs more accessible to our community members, we work with our partners to make sure the design of their programs work with our community members' lives.



Course: First Aid/CPR/AED/Narcan

Facilitator(s): Monte Fronk

Description: Great skills to have! This course trains participants to provide first aid, CPR, and use an Automated External

Defibrillator in a safe, timely, and effective manner. This class is designed for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting. Upon completion of all course requirements,

participants receive a card which is valid for 2 years.

Date/Time: 9:00am to 5:00pm

Pick one session:

D2 February 24 D3 May 19 Urban August 11 D1 November 10 D1 March 17 D2 June 9 D3 September 15 Urban December 8

Urban April 14 D1 July 14 D2 October 13

Cost: The cost is \$20 per full day course or \$10 per morning or afternoon session. No cost for Aanjibimaadizing clients.

There is a maximum of 10 people per session. Aanjibimaadizing participants will have priority.

Lunch provided by Aanjibimaadizing.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Completion \$60. Must be current Aanjibimaadizing client who has completed the course and has the course added to their

Incentive: training plan. See page 2 for more details.

"TAKE SOME TIME TO LEARN FIRST AID AND CPR.
IT SAVES LIVES, AND IT WORKS."

— BOBBY SHERMAN



# Pine Technical & Community College

Aanjibimaadizing is excited to offer these Career and Professional Development Courses in partnership with Pine Technical & Community College.

# Class sizes are limited. Sign up today!

Participants must apply with Aanjibimaadizing and register at least 2 weeks in advance. All class dates, times and locations are subject to change do to COVID-19.

To register for classes or for more information, contact your case manager or Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email)



Certified Nursing Assistant (CNA) 3-credit Certificate

Facilitator(s): **PTCC** 

Description: PTCC's 80-hour Nursing Assistant Certificate Course will prepare students with the knowledge and clinical skills to

work in a variety of setting including nursing homes, hospitals, adult day care centers and assisted living facilities. This training provides the information and skills needed to become a Nursing Assistant on the Minnesota State Registry. Nursing Assistant Certification is an excellent way to have a stand-alone career or launch into a nursing

career.

Date/Time: 9:00 am to 3:00pm

Monday-Thursday, June 5 – June 29, 2023; Light breakfast and lunch provided by Aanjibimaadizing.

Location: D2 Assisted Living Unit 104, 20849 370th Lane, McGregor, MN 55760

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Supplies: Scrubs; closed-toe, easy to clean nursing shoes; and watch with a second hand. Ask your case manager if you are

eligible for \$250 help with the cost of these items.

Completion \$750. Must be current Aanjibimaadizing client who has completed the course and has the course added to their

training plan to qualify for this incentive. See page 2 for more details.

Course: Automotive Technician 3-credit Certificate

Facilitator(s): **PTC**(

Incentive:

Description: This program includes instruction in brake systems, electrical systems, engine performance, engine repair,

suspension and steering, automatic and manual transmissions and drive trains, alternative fuels and heating and air conditioning systems. All students will receive a set of tools upon completion of this class. The class will allow

for entry level employment at a mechanic garage or car dealership.

Date/Time 9:00 am to 2:30 pm; Monday-Thursday; May 22 – June 15, 2023

Location: D1 Aanji Office – 43500 Migizi Drive, Onamia AND Aanji Garage - 38627 US Hwy 169, Onamia, MN 56359

-OR-

Two Courses 9:00 am to 2:30 pm; Monday-Thursday; July 31 – August 17, 2023

D3 – Meshakwad Community Center (Community Room), 38043 Hinckley Rd, Hinckley, MN 55037

offered this year in both D3 and PTCC Auto Lab - 900 4th St SE, Pine City, MN 55063

and D1! Light breakfast and lunch provided by Aanjibimaadizing.

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Supplies: Steel-toed shoes and mechanics gloves for work in PTCC Auto Lab. Safety glasses and tools provided. Ask your

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case manager if you are eligible for \$150 help with the cost of these items.

Completion \$750. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan to qualify for this incentive. See page 2 for more details. Plus, all students will receive a set of tools

upon successful completion of this class!

Course: Administrative Assistant

Facilitator(s): PTCC

Description: This 30-hour introductory level training is designed to help participants qualify for entry-level office positions.

Participants will learn about record-keeping, office management, and customer care in the business world.

Date/Time: 9am-3pm Monday – Friday, March 6-10, 2023
Location: D1 Aanji Office 43500 Migizi Drive, Onamia

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Sompletion \$300 - Must be current Aanjibimaadizing client who has completed the course and has the course added to their

*Incentive:* training plan to qualify for this incentive. See page 2 for more details.

Course: Small Engine Repair

Facilitator(s): PTCC

Description: This 4-hour course carefully details the many systems, tools and parts involved successful maintenance of your

small engines. General maintenance everyone should know when to put things away after the summer and how to get things prepared to use in the fall/winter. This course is for anyone looking for basic safe knowledge on how to perform general & preventative maintenance on your lawn mowers, weed whips, leaf blowers, tillers, snow

blowers, wood splitters etc.

Date/Time: 9am-2pm Wednesday; March 22, 2023

Location: D1 Aanji Workshop, 16769 Zhaaboshkang Neyaashiing Miikanaans, Onamia, MN 56359 (next to Commods)

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Sompletion \$30 - Must be current Aanjibimaadizing client who has completed the course and has the course added to their

training plan to qualify for this incentive. See page 2 for more details.

Course: Parenting Piece-by-Piece

Facilitator(s): PTCC

Incentive:

Description: Eight (8) ninety-minute parenting education sessions. The overall goal is to reduce or eliminate instances of child

maltreatment. Promotes positive parenting practices. The course covers: Recognizing personal and parenting strengths; Celebrating life with their children; Observe and understand their children and their development; Manage stress in themselves and in their children; Listen and attend to their children's feelings and ideas; Find, use, and create community resources when needed to benefit their children and the community of children;

Recognize the benefits of building relationships with family, neighborhood, and community groups

Date/Time: 4-5:30pm Thursdays, April 6, 13, 20, 27, 2023 (dates are approximate, will be a total of 8 sessions)

Location: D1 Aanji Office 43500 Migizi Drive, Onamia

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Supplies:

Completion \$240 - Must be current Aanjibimaadizing client who has completed the course and has the course added to their

*Incentive:* training plan to qualify for this incentive. See page 2 for more details.



Course: Serv Safe

Facilitator(s): PTCC

Description: ServSafe is a national certification program through the National Restaurant Association Education Foundation.

ServSafe Food Manager for Minnesota requires an 8-hour class and successful passage of an exam. Upon completion, participants receive a ServSafe certificate of passage and are "ServSafe certified" for five years. In this class the student will take the course and take the exam at the end of the course with a ServSafe certified

instructor and certified proctor.

Date/Time 9am-5:30pm Friday, April 21, 2023

Location: D3 Meshakwad, 38043 Hinckley Rd, Hinckley, MN 55037- OR-

9am-5:30pm Friday, June 23, 2023

D1 Aanji Office 43500 Migizi Drive, Onamia - OR-

9am-5:30pm Friday, August 25, 2023

D2 Office, 201 W Hwy 210 Suite 100, McGregor, MN 56760

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Supplies: Completio Incentive:

Completion \$60 - Must be current Aanjibimaadizing client who has completed the course and has the course added to their

training plan to qualify for this incentive. See page 2 for more details.

Course: Personal Care Assistant (PCA)

Facilitator(s): **PTC**(

Description: A Personal Care Assistant provides support by assisting with day-to-day tasks in their client's home or in a care

facility. These tasks include assisting with bathing, grooming, dressing, feeding, mobility, positioning, toileting, making sure client takes required medication, exercising and health-related procedures and tasks. Personal care assistants can also help clients make and keep appointments with doctors, provide or arrange transportation, make and serve meals, and serve as a companion for their clients. They are either hired by a client or their family,

or report directly to a physician or a nurse.

Date/Time: 9am-4pm Monday-Thursday, May 15-18, 2023

Location: D2 Assisted Living Unit 104, 20849 370th Lane, McGregor, MN 55760

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Supplies:

Completion \$240 - Must be current Aanjibimaadizing client who has completed the course and has the course added to their

Incentive: training plan to qualify for this incentive. See page 2 for more details.

Course: Intro to Welding

Facilitator(s): **PTCC** 

Description: This course is designed to give the student knowledge of welding principles and safety considerations. The course

will focus on developing the basics of: Wire feed; Tungsten inert gas (TIG); Gas metal arc (MIG); Shielded metal arc (Stick); Welding (SMAW). The student will also be exposed to brazing, oxyacetylene cutting and applied blueprint reading. After satisfactory completion, students will be able to view a blueprint, interpret it, determine

\$330 - Must be current Aanjibimaadizing client who has completed the course and has the course added to their

types of welds and perform various fundamental welding functions.

Date/Time: 9am-2pm Monday-Thursday, July 10 – July 27, 2023
Location: D1 Aanji Garage - 38627 US Hwy 169, Onamia, MN 56359

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Supplies:

*Incentive:* training plan to qualify for this incentive. See page 2 for more details.

Course: Introduction To Child Development

Facilitator(s): PTCC

Completion

Description: This course provides an overview of the early childhood field, including philosophies, missions, and regulations.

Students will examine the roles, responsibilities, and job requirements of professionals in a variety of career

settings, positive communication, and relationships with families.

Date/Time: 9am-2pm Monday-Thursday, July 10 – July 26, 2023

Location: D1 Aanji Office 43500 Migizi Drive, Onamia

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Supplies:

Completion \$600 - Must be current Aanjibimaadizing client who has completed the course and has the course added to their

Incentive: training plan to qualify for this incentive. See page 2 for more details.

Course: Developmentally Appropriate Behavior Guidance

Facilitator(s): **PTCC** 

Description: This 4-hour training curriculum will address key facts about early brain development; define social emotional

development and describe how it unfolds in the context of relationships; examine how environments affect

children's behaviors; and identify some concrete strategies for preventing behavioral challenges.

*Date/Time:* 12:00 – 4:00pm Wednesday, August 23, 2023

Location: D1 Wewinabi Early Education, 43648 Virgo Rd, Onamia, MN 56359

Cost: There is no cost for this event. Must be an Aanjibimaadizing client.

Registration: Contact Becky at 320-362-4716 (call or text) or becky.clitso-garcia@millelacsband.com (email) to register.

Supplies:

Completion \$30 - Must be current Aanjibimaadizing client who has completed the course and has the course added to their

Incentive: training plan to qualify for this incentive. See page 2 for more details.



# Minnesota's Career Resource

Go to <a href="https://www.careerforcemn.com/training-programs">https://www.careerforcemn.com/training-programs</a> to register and learn more! Incentives are available for these courses. Contact your case manager to verify eligibility.

## Case Management

In this three-week class (taught in-person and online), you will learn how to provide comprehensive case management services to individuals who need support to move ahead. You will learn best practices for serving people with barriers and be introduced to the tools and knowledge needed to help advance your clients' goals.

Online, 6:30 p.m. - 8:30 p.m. Monday and Tuesdays - April 3 to 18

Completion incentive \$180. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# **Professional Leadership**

In this 12 week online class students will learn: Emotional intelligence, Professional English reading, writing, speaking and listening, How to Give Effective Feedback, Digital Literacy skills including Microsoft Word, Excel and Google Suite, Teaching and Training employee practices, Advanced Customer Service, Goal Setting, Financial Coaching, Networking and Informational Interviews

Online, 10:00 a.m. - 1:00 p.m. Tuesday, Wednesday and Thursdays, May 30 to August 17

Completion incentive \$720. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# Commercial Driver's Permit/License

This no-cost program will prepare you for testing for your Class B Commercial Drivers' permit. Once you attain your permit, Takoda staff will help you find a job in the field or complete Class B behind-the-wheel training. Must have current DOT physical, be at least 18 years old and have a valid Minnesota driver's license.

This six-week hybrid (online and in-person) training meets 5:30 p.m. - 8:00 p.m. Tuesday and Thursday evenings, and occasional Saturdays April 4 to May 5

Completion incentive \$360. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

### CompTia A+

CompTIA A+ is the industry standard for establishing a career in IT and is the preferred qualifying credential for technical support and IT operational roles. It is about much more than PC repair. Candidates are better prepared to troubleshoot, and problem solve, and technicians better understand a wide variety of issues ranging from networking and operating systems to mobile devices and security. A+ supports the ability to connect users to the data they need to do their jobs regardless of the devices being used.

Online, 10:00 a.m. - 1:00 p.m. Mondays, Tuesdays, Wednesdays, March 24 to April 7

Completion incentive \$180. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# **Digital Marketing Workshop**

Grow your knowledge in the world of digital marketing. This fast-growing field is in-demand for small businesses and large corporations alike. Takoda's free two-day workshop will introduce you to concepts and tools that will enhance your digital marketing skills. Course topics include marketing trends, advertising tools, social media platforms, content management systems, planning strategies, and design tools.

Online, 5:00 p.m. - 9:00 p.m. Monday, March 27 and Wednesday, March 29

Completion incentive \$60. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

CareerForce Recorded Online Workshops and Classes can help you explore your options, showcase your skills with a solid resume and prepare for the interviewing process through live online workshops, live Job Club Online, recorded workshops and other offerings. Go to <a href="https://www.careerforcemn.com/recorded-online-workshops-and-classes">https://www.careerforcemn.com/recorded-online-workshops-and-classes</a> to access training content. The completion incentive is \$30 for each recorded course. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

**Introduction to Microsoft Word** (87 minutes) - This introductory course will teach you methods for creating resumes, cover letters and more that meet employers' expectations.

**Advanced Microsoft Word** (90 minutes) The topics covered in this course include creating custom tabs, working with tables and performing a mail merge process.

**Introduction to Microsoft Excel** (82 minutes) Microsoft Excel is one of the most important applications used in business today. This introductory course will teach you the basics of data entry and spreadsheet creation. We will also define the most important terms and concepts you need to know to get started with this program.

**Intermediate Microsoft Excel** (90 minutes) Learn how to format cells and create formulas to effectively and consistently get the summary data required to create reports. This course will also teach you how to create visual information through charts and graphs.

Advanced Microsoft Excel (87 minutes) Topics covered include working with Functions, complex Formulas and Pivot Tables.



# Resilient caregivers: 'Bouncing back' from stress

Feeling stressed at work? Learn about how to deal with and "bounce back" from stress. Bouncing back is sometimes called resiliency. Everyone needs to find ways to bounce back after experiencing stress. This is very important with the demanding job of caring for children every day. Learn more about stress and resiliency, and identify your own strengths and ability to deal with or avoid stress. For more information and to register: <a href="https://extension.psu.edu/programs/betterkidcare/on-demand">https://extension.psu.edu/programs/betterkidcare/on-demand</a>

# **Dual Language Learners and their Families**

This course explores the strengths and resources that dual language learners and their families bring to ECE programs. Participants will receive three hours of credit for completing this online course. The course includes one hour of content with a minimum of two hours of reflective practice time. Reflective practice time may be longer for some participants due to individual learning styles. For more information and to register: <a href="https://education.mn.gov/MDE/dse/early/highqualel/multiling/">https://education.mn.gov/MDE/dse/early/highqualel/multiling/</a>

# Curriculum is Sprouting Up All Over: Hands-on Activities to do in the Spring.

Learn about hands-on activities that you can do right away with young children in the spring no matter what your outdoor space looks like. https://education.mn.gov/MDE/VideoNew/?group=Communications&id=PROD058990&es=true

The completion incentive is \$30 for each course. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# FAMILIES AND PARENTING

Course: Fatherhood and Motherhood is Sacred

Facilitator(s): Jen Gabrio

Description: This curriculum offers participants the opportunity to gain a deeper

understanding of the importance of responsible parenting as reflected in Native

American values and beliefs. There is an immediate need to get back to

strengthening families and keeping families together.

Session Outcomes:

Help fathers and mothers reunite with familiesIncrease families' ability to face life's challenges

Enhance parental involvement

Build personal character and integrity

Date/Time: 2:00 to 4:00 Thursdays

Full course is 12 sessions. Can start at any time.

Location: Online

Cost: There is no cost for this training. Must be a current Aanjibimaadizing client. You will need workbook before class

starts. We will make arrangements to get it to you.

Registration: Contact your case manager to register or contact Becky at 320-362-4716 (call or text) or becky.clitso-

garcia@millelacsband.com (email).

Completion \$360 if all 12 sessions are completed. Must be current Aanjibimaadizing client who has completed the course and

Incentive: has the course added to their training plan to qualify for this incentive.



The completion incentive is \$30 for each course. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# Fostering a positive body image in children

This webinar will focus on choosing words wisely when we talk to children about food, promoting intuitive eating and media literacy to help children fend off negative images and messages.

1 - 2 p.m. Thursday, March 9, 2023

https://umn.zoom.us/meeting/register/tJlvd-CqrDsrHtym9OHzY5bsmOj4C0AiVXLO

# **Choosy Eaters: Feeding preschoolers**

The preschool years can be a fun and frustrating time when it comes to your child's food habits. Learn simple things you can do to encourage children to try new foods.

11:30 - 12 p.m. Wednesday, April 12, 2023

https://umn.zoom.us/meeting/register/tJwvfuGurDssH9fDxb4sFXHu1FuKOr00sIVC

# Ready, set, play: Fun ideas to keep young children moving

In this webinar, you will learn about the benefits of keeping young children active and learn simple and fun ways for children to move their bodies.

11:30 a.m. - 12 p.m. Wednesday, April 19, 2023

https://extension.umn.edu/event/ready-set-play-fun-ideas-keep-young-children-moving

# Cooking with young children

In this webinar, you will learn about "Rusty Bumbleebee's Cooking Club for Kids." This free online cooking club is for parents and caregivers of children 2-8 years old. It's a fun way to spend time with young children while role-modeling healthy eating. 11:30 - 12 p.m. Wednesday, April 26, 2023

https://umn.zoom.us/meeting/register/tJUkde6upjgvH9FBWe53ILnYF8Arj5US0Ga5



Meeting ID: 891 2238

6945

Passcode: aanji

# FINANCIAL SKILLS





Meeting ID: 879 4734

3828

Passcode: 4

Course: **Building Native Communities** 

Facilitator(s): Jen Gabrio

Description: A Native community is more than the sum of its parts. It embodies the mystique of community, the circle of

inclusion. Within each member it generates powerful feelings of cultural solidarity. That precious spirit cannot survive without the underpinnings of economic development. But the development must be for everyone— not

for just a few. That is the Native understanding...

This financial skills curriculum is for Native communities. Its purpose is to enable community members to realize their traditional values by learning financial skills that will help each person make informed financial decisions for

themselves, their family, and their community.

Date/Time: In person, full course is 6 sessions. Can start at any time.

D1 – 2:00 to 4:00 pm Mondays D2 – 1:00 to 3:00 pm Fridays D3 – 11:00 to 1:00 pm Wednesdays

If unable to attend in person, please contact us to attend via Zoom.

Cost: There is no cost for this training. Must be a current Aanjibimaadizing client.

Registration: Contact your case manager to register or Becky at 320-362-4716 (call or text) or becky.clitso-

garcia@millelacsband.com (email).

Completion \$180 after attending all 6 sessions. Must be current Aanjibimaadizing client who has completed the course and

Incentive: has the course added to their training plan. See page 2 for more details.

The Native American Financial Services Association mission is to advocate for tribal sovereignty, promote responsible financial services, and provide better economic opportunity in Indian Country for the benefit of tribal communities.

Click here to learn more about financial concepts, managing your money, owning a home, financial caregiving, preparing for retirement, and investing in your future in these online courses. <a href="https://nafsa.everfi-next.net/welcome/nafsa-achieve">https://nafsa.everfi-next.net/welcome/nafsa-achieve</a>



# FINANCIAL COURSES THROUGH UNIVERSITY OF MN EXTENSION

The completion incentive is \$30 for each course. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

# Taking the fear out of finances

This workshop will focus on the basic steps professionals can take to recognize signs of financial distress in their clients, and take the fear out of talking about finances.

11 a.m. - 12 p.m. Wednesday, February 15

https://umn.zoom.us/meeting/register/tJYlceCorjltEtwieM878XCKoTgli-j8Nnz4

Thrifty Thursday: Budgeting using apps or Excel

12:15 - 12:45 p.m. Thursday, February 16

https://umn.zoom.us/meeting/register/tJEsdeygqDktG9JFWisGoaaYn2PgclqoT\_jj

Thrifty Thursday: Plugging your spending leaks

12:15 - 12:45 p.m. Thursday, February 23

https://umn.zoom.us/meeting/register/tJcsfuqoqTlqGNKjSrOEJQb-HOT5z5XJhhoP

Making Ends Meet: Inflation Fighting Tips

1 - 2 p.m. Tuesday, March 7

https://umn.zoom.us/meeting/register/tJcvcuGpqjkpEtV5JpdwOL4amVciNE3Ysv19

# **NUTRITION & WELLNESS**

The completion incentive is \$30 for each course. Must be current Aanjibimaadizing client who has completed the course and has the course added to their training plan. See page 2 for more details.

The truth about nutrition: Fiber 12 - 12:45 p.m. Wednesday, March 8

https://umn.zoom.us/meeting/register/tJUudumqqzsuHdUjDrr8BUI3Y 5L-h02mnQW

The truth about nutrition: Macronutrients

12 - 12:45 p.m. Wednesday, March 1

https://umn.zoom.us/meeting/register/tJllfuuurTsoGNdbhS5QhPbG 38nVitkc0da

The truth about nutrition: Popular diets

1 - 1:45 p.m. Wednesday, March 15

https://umn.zoom.us/meeting/register/tJwocOioqz8oE9UhvglC-XQNwPv1XVafQ5dU

The truth about nutrition: Healthy eating patterns

12 - 12:45 p.m. Wednesday, March 22

https://umn.zoom.us/meeting/register/tJYpf-2spj8rHN2-vqMPe0ctAokn0Vx5jiPC

The truth about nutrition: Intuitive eating and mindful eating

12 - 12:45 p.m. Wednesday, March 29

https://umn.zoom.us/meeting/register/tJwtcuGorzwtGdMd-a8J0NgicVFpIAecoSns

# QPR (Question, Persuade, Refer)

Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR (Question, Persuade, Refer) is an emergency response to someone in crisis and can save lives.

1 - 2:30 p.m Tuesday, February 21

https://us02web.zoom.us/meeting/register/tZcqcu2hrT4sEtcuXWfWpzHI8nrLdL5LSPCa

1 - 2:30 p.m. Tuesday, March 21

https://us02web.zoom.us/meeting/register/tZltdeqvqDgsHNybZ29 2ubs49S EavwyuR0

# Harm reduction 101

11 a.m. - 12 p.m. Thursday, March 9

https://umn.zoom.us/meeting/register/tJlocOitqzguGdyQOhCZo5P5yqJmLQk bjsr

# Nutrition in Substance Use Disorder (SUD) recovery

12 - 1 p.m. Monday, February 27

https://extension.umn.edu/event/nutrition-substance-use-disorder-sud-recovery

# Nutrition in Substance Use Disorder (SUD) recovery

12 - 1 p.m. Monday, February 27

https://extension.umn.edu/event/nutrition-substance-use-disorder-sud-recovery

# Walking for health, fun and fitness

1 - 1:45 p.m. Tuesday, April 25

https://umn.zoom.us/meeting/register/tJlqcuyoqzspEtMlQ8GaS8Kg4y3odAo6j6m1



# NAFC SPRING CERTIFICATION EVENTS

# PERSONAL TRAINER CERTIFICATION EVENT \$995.00

March 20th - 23rd, 2023 - Hinckley, MN Sponsored by the Mille Lacs Band of Ojibwe!



NAMI Minnesota offers a wide variety of online classes. These classes are free for the public. To read more about them and register, go to: <a href="https://namimn.org/education-and-public-awareness/classes/https-namimn-org-education-and-public-awareness-classes-all-scheduled-classes/">https-namimn-org-education-and-public-awareness-classes-all-scheduled-classes/</a>

# Family-to-Family

Learn about mental illnesses, the brain, treatment, and resources to help a loved one living with a mental illness. Participants will also build communication skills, reduce stress, find support and discover the common Stages of Emotional Responses when supporting someone with a mental illness. This workshop meets regularly for 8 weeks and is for family and friends of an adult living with a mental illness. This class will be held in a virtual format on Zoom.

6:30-9:00 PM Monday, March 6 to Monday, April 24 (weekly for 8 sessions)

# Good Mental Health in the Workplace: Five Things You Can Do

Learn the five things you can do to create a workplace that values good mental health. Participants will learn how to promote good mental health (including dealing with stress), the common symptoms of a mental illness, how attitudes and language impact people with mental illnesses, and accommodations for a mental illness. This class is for employees, supervisors, organizational leaders, owners, board members and human resource professionals.

6:00-7:00 PM Tuesday, February 7

#### In Our Own Voice

Understand the journey of people with mental illness in recovery. In Our Own Voice (IOOV) is a unique public education program in which trained speakers share compelling personal stories about living with a mental illness and achieving recovery, demonstrating that there is hope for recovery for people with mental illnesses. The presentation includes personal stories and video clips, as well as offering an opportunity to ask questions. The IOOV program has touched many lives and is effective in reducing the misperceptions surrounding mental illnesses. A certificate of attendance is available for this class and will be sent after you fill out the evaluation.

02:00-03:00 PM Wednesday, February 15

11:00-12:00 PM. Tuesday, February 21

10:00-11:00 AM. Tuesday, February 28

# Nutrition: Eating with Mental Health in Mind

Come join us to discuss how nutrition can impact an individual's mental health. Gain knowledge on how what we eat not only affects our mood, but also our brain chemistry. Learn what makes a complete meal and how to eat that meal in a mindful way.

6:00 – 7:00 PM. Tuesday, May 9

# Question, Persuade, Refer (QPR)

Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This 1.5 hour class is for members of the community over the age of 16 who want to learn best practices in suicide prevention. A certificate of attendance is available for this class and will be sent after you fill out the evaluation.

11:00 AM - 12:30 PM. Tuesday, February 14

3:00 - 4:30 PM. Thursday, February 16

11:00 AM - 12:30 PM. Thursday, February 23

03:00-04:30 PM. Tuesday, March 7

11:00-12:30 PM. Thursday, March 16

11:00-12:30 PM Thursday, March 23

# **Understanding Early Episode Psychosis for Families**

Learn about the signs and symptoms of psychosis, causes, treatment options and why early intervention is so important. Participants will learn how to advocate for and help a young person get back to work or school and achieve recovery. This is a two-hour class and is for parents or caregivers of youth or young adults.

6:00 - 8:00 PM Monday, March 6

6:00 - 8:00 PM Monday, May 1

# Making your home healthier

Participate in this webinar to learn how to make your home healthier in the areas of air quality, mold, carbon monoxide, lead and water. Together, we will discuss concerns and identify action steps to address problems.

3 - 4 p.m Wednesday, April 5

https://umn.zoom.us/meeting/register/tJltcOmvrz8uHNYZNzy6HCtaYJUFPtgKcQg7

# Introduction to (virtual) forest bathing

Discover forest bathing (The art of Shinrin-yoku), what it is, along with its health and wellness benefits.

12 - 1 p.m Tuesday, February 21

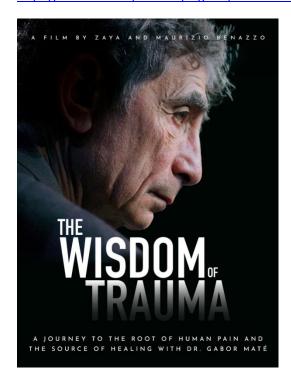
https://umn.zoom.us/meeting/register/tJYlceCorjItEtwieM878XCKoTgIi-j8Nnz4

# Starting Bedding Plants in the Dead of Winter

In this class, we will explore the basics of starting a variety of bedding plants to get your summer garden off to an early start. We will cover deciding when to plant and what tools and supplies you will need; as well as how to care for your seedlings from germination to planting in their permanent home outdoor

12:00 p.m. Feb 14

https://umn.zoom.us/webinar/register/WN P7h9Y6lyRCeUPWNki4kwDA



Join University of Minnesota Extension's American Indian Resource and Resiliency Team for a viewing of the "Wisdom of Trauma" documentary. Participants will learn how trauma impacts individuals and communities and take part in a series of activities to help support healing. Light refreshments will be served.

# February 16, 1pm-4pm

North Pine Government Center 1602 MN-23 Sandstone, MN 55072

Register for a viewing today!



OR

Sign up with Briana Matrious at 612-532-8927

z.umn.edu/wisdomoftrauma

# Reclaiming Native Psychological Brilliance: Wise Practices

Native Psychological Brilliance refers to the intelligence, strengths, balance, innate resources, and resilience of Native people. This no-cost telehealth series will be held throughout 2023 on the fourth Tuesday of every month at 1:00 pm. Each session will be one hour in length that will provide an opportunity for participants to: Increase knowledge of innate intelligence and resilience of Native people which can assist in trauma recovery; Increase understanding of how trauma can change brain functioning, contributing to hyper alert status and emotional dysregulation; Learn ways to expand trauma response beyond conventional treatment of PTSD symptom reduction and psychotropic drug prescription; Gain knowledge of how Native traditions (dance, movement, etc.) can assist with trauma recovery, self-regulation, cultural-self empowerment, and whole-person treatment. Continuing education credits will be provided.

Native Trauma and Healing: Releasing the Trauma Our Body Holds

1:00 p.m.-12:00 p.m. February 28

Native Trauma and Healing: Releasing the Trauma (Part Two)

1:00 p.m.-12:00 p.m. March 28

https://app.smartsheet.com/b/form/5534f4483efd4fb4a9fd48ae42232d0d

# **ABOUT AANJIBIMAADIZING**

Aanjibimaadizing helps to empower participants with an acquired purpose or occupation that will contribute to the well-being of their community and family. Through this, we are able to offer services to a large percentage of our community and work closely with other organizations to help all ages embrace their culture and overcome barriers to sustainability.

# SOME OF THE SERVICES AANJIBIMAADIZING OFFERS

#### OJIBWE CULTURE & LANGUAGE

It is the purpose of Aanjibimaadizing to prepare the members of the MLBO community to contribute to the Mille Lacs Band. While a primary part of this contribution is in the form of employment that helps enrolled members thrive financially, it is of equal importance that MLBO membership reflects the unique history and culture of its people to support their quality of life holistically.

# ADULT BASIC EDUCATION (ABE)

Aanjibimaadizing has entered into an agreement with Milaca Community Education to provide oversight for staff to become volunteer Adult Basic Education (ABE) tutors. Adult Basic Education will assist clients in increasing their reading and math skills.

#### CAREER TRAINING AND DEVELOPMENT

Aanjibimaadizing regularly provides basic work and family related trainings and tutoring. These include such issues as, GED Preparation, Driver's License Exams, Budgeting, Parenting, Food Handling, Communications, Conflict Management, and CPR/First Aid.

# ADULT WORK EXPERIENCE (WEX) PROGRAM

The Work Experience (WEX) Program is a 720-hour on-the-job work experience training program structured to promote self-sufficiency through the development of appropriate work habits and job skills.

#### **FACILITATED SERVICES**

Aanjibimaadizing offers facilitated services to help connect clients to other support services within the community. Case Managers may refer clients to Facilitators to assist them in meeting their goals to obtain and retain employment. Often these services support client needs that are social, health, and mental health related. Facilitated services offers a more targeted support for employment, training and self-sufficiency.

#### TEMPORARY ASSISTANCE TO NEEDY FAMILIES (TANF)

Tribal TANF Cash Assistance makes monthly cash payments to families with minor children based on family size and composition. These benefits require participating adults to agree and to follow a case plan designed to move them away from assistance and to self-reliance. Cash Assistance has a 60-month lifetime limit.

# SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP helps low-income people buy the food they need for good health. The program provides support to help stretch your household food budget. It is not intended to meet all of your household's food needs.

# **ADULT SUPPORT SERVICES**

Adult Support Service payments are single payments to vendors to assist participants in overcoming specific, immediate and essential family stabilization or employment related barriers. The expenses must be directly related to education or employment.

# ADULT PARTIAL SUBSIDY PROGRAM

Participants who demonstrate that they are work ready and who are hired into career oriented, long-term, stable employment may arrange to have the first 720 hours of their new employment subsidized. These subsidies are paid to the employer, not the employee. A special contract with the employer is required that specifies the terms of agreement for the employer and Aanjibimaadizing.

# **COMMUNITY SERVICES TO ELDERS**

Aanjibimaadizing has Community Service Crews in all reservation districts that provide lawn mowing, yard maintenance, limited outdoor home maintenance and walkway snow removal for all Elders living in one of the Reservation Districts. These crews support work readiness skills for clients.

# **CHILD CARE SERVICES**

Childcare assistance is available for families who are employed or enrolled in educational programs who meet income requirements.

#### GE-NIIGAANIZIJIG - YOUTH & TEEN ACTIVITIES

Ge-Niigaanizijig works to develop skills in the 4 pillars of youth programming Ojibwe Culture, Community, Career, and Education. Regularly scheduled activities inspire and motivate our youth to embrace a traditions-based lifestyle free of chemicals, anti-social behavior, and dependency. Youth Mentors provide programming in all Districts except Urban. These activities are offered to all eligible reservation service area youth ages kindergarten through twenty (20).

#### YOUTH CAREER AND WORK EXPLORATION PROGRAM

Eligible youth, ages sixteen (16) through twenty (20) and whose family's income is below 200% of the Federal Poverty Guideline, may participate in the Youth Career and Work Exploration Program. Youth are given an incentive for actual hours worked. To be eligible you must be in school, making satisfactory attendance and grades. The type of work and the number of hours worked per week depend on the needs of the worksite supervisor.

#### YOUTH SUPPORT SERVICES

Eligible youth ages kindergarten through twenty (20) who live in households that are below 200% of the Federal Poverty Guideline and who are enrolled in school may receive supportive services for items that help them further their education or employability.

#### ZAKAB BIINJINA TEMPORARY HOUSING

The Mille Lacs Band of Ojibwe Aanjibimaadizing Zakab Biinjina ("Zakab") Program was designed to provide services to assist clients in becoming self-sufficient, obtain a job, retain a job, and/or get education with the goal of reaching sustainable self-sufficiency. This is supportive -but temporary- housing meant to bridge the gap from homelessness to permanent housing by offering structure, supervision, support, life skills, education, and training.

# **ELIGIBILITY**

- Eligible households must reside within one of our federally approved service areas, which include the counties of Aitkin, Anoka, Benton, Chisago, Crow Wing, Hennepin, Kanabec, Mille Lacs, Morrison, Pine and Ramsey.
- An eligible household must include at least one adult who is an enrolled member of the Mille Lacs Band of Ojibwe; or if residing within the Reservation Service Area, a first generation descendent of the Mille Lacs Band of Ojibwe; or an enrolled member of a federally recognized tribe.
- Financial eligibility is based on the household income with specific types of income excluded.
- Veterans and their families, including survivor families, are given preference within any of these eligibility groups.
- Some programs have their own special eligibility standards. There may be additional eligibility standards for various services.

# **HOW TO APPLY**

Aanjibimaadizing has offices in the Urban area, District I, District II, and District III. Clients can also call, email, or find an application online at <a href="https://aanji.org/">https://aanji.org/</a>. You can also apply for TANF, SNAP and cash programs at <a href="https://mnbenefits.mn.gov/">https://mnbenefits.mn.gov/</a>

The Mille Lacs Band of Ojibwe has partnered with Rosetta Stone to create a language learning platform for our Ojibwe Language to empower our community, to maintain our identity, and to help us be successful. Level 1 became available to the public on March 1, 2022.

Free (no charge) Access granted for 2 years

- Mille Lacs Band of Ojibwe Members and Descendants, Mille Lacs Band of Ojibwe Schools
   Discounted Rate (\$25 per license, per level) Access granted for 2 years
- · Mille Lacs Band of Ojibwe and Mille Lacs Corporate Ventures Employees
- Other Federally Recognized Tribes and their Members, Other Tribal Schools

Other (\$100 per person, per license, per level) Access granted for 2 years

· General Public, Public Schools, Colleges, Organizations and Institutions not listed above

To register, scan the QR code with your phone's camera or go to:

# https://mlbo-laserfiche.millelacsband.com/Forms/Rosetta

A welcome email from Rosetta Stone will arrive in 1 to 2 business days with information to set up your account.

Please note: This registration link needs to be accessed from a device that is NOT connected to the internet on an MLBO network. (After registration is finalized, the Rosetta Stone Fluency Builder App can be accessed within the network via computer or smartphone.)



If you have questions, or would like to learn more about this project, visit <a href="https://www.culture.aanji.org/ojibwe-rosetta-stone/">https://www.culture.aanji.org/ojibwe-rosetta-stone/</a> or call Aanjibimaadizing at 320-532-7407.

# FEBRUARY TRAINING CALENDAR

		LDNOANT	INAIMINO	O/ (22/10/ ()		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30				
5	6	7	8	9	10	11
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30				
12	13	14	15	16	17	18
	Z Da-nandaanokiing 2-4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z New Leaf 10-11:30	Z Thrifty Thursdays 12:15-12:45	D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z QPR 11-12:30	Z In Our Own Voice 2-	Z QPR 3-4:30		
		Z Starting Bedding Plants 12-1 Z Creative Job Search	Z Taking the Fear out of Finance	D3 Wisdom of Trauma 1-4		
19	20	10-11 <b>21</b>	22	23	24	25
		Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
		Z ABE 4-5	Z My Road to Success 1-2:30	Z Thrifty Thursdays 12:15-12:45	D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30		Z My Road to Success 1-2:30	D2 First Aid/CPR 9-5	
		Z QPR 1-2:30 Z Intro to Forest Bathing 12-1 Z In Our Own Voice		Z QPR 11-12:30		
		11-12				
26	27	28	1	2	3	4
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z The Truth About Nutrition 12-12:45	Z Thrifty Thursdays 12:15-12:45	D2 Building Native Communities 2-4	
	Z Nutrition in SUD Recovery	D1 Staff Insights Training 8-12		Z My Road to Success 1-2:30		
		Z My Road to Success 1-2:30 Z Wise Practices 11-12				
		Z In Our Own Voice 2- 3				

# March Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z The Truth About Nutrition 12-12:45	Z Thrifty Thursdays 12:15-12:45	D2 Building Native Communities 2-4	
	Z Nutrition in SUD Recovery	D1 Staff Insights Training 8-12		Z My Road to Success 1-2:30		
		Z My Road to Success 1-2:30 Z Wise Practices 11-12				
		Z In Our Own Voice 2- 3				
5	6	7	8	9	10	11
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z The Truth About Nutrition 12-12:45	Z Fostering a Positive Body Image 1-2	D2 Building Native Communities 2-4	
	Z Family to Family	Z My Road to Success	Z My Road to Success	Z My Road to Success		
	6:30-8:30 Z Understanding EEP	1-2:30 Z Making Ends Meet	1-2:30	1-2:30 Z Harm Reduction 101		
	6-8	1-2		11-12		
	PTCC Admin Assistant - [	Z QPR 3-4:30 D1 Office 9-3				
12	13	14	15	16	17	18
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z The Truth About Nutrition 12-12:45	Z QPR 11-12:30	D2 Building Native Communities 2-4	
	Z Family to Family 6:30-8:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	D1 First Aid/CPR 9-5	
19	20	21	22	23	24	25
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	PTCC Small Engine Repair - D1 Workshop 9-2	Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
	Z Family to Family 6:30-8:30	Z My Road to Success 1-2:30 Z QPR 1-2:30	Z My Road to Success 1-2:30 Z The Truth About	Z QPR 11-12:30		
	D3 NAFC	D3 NAFC	Nutrition 12-12:45 D3 NAFC			
26	27	28	29	30	31	1
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z CompTia A+ 10-1	Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
	Z CompTia A+ 10-1	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30			
	Z Digital Marketing Workshop 5-9	Z CompTia A+ 10-1	Z Digital Marketing Workshop 5-9			
	Z Family to Family 6:30-8:30	Z Wise Practices 11-12	Z The Truth About Nutrition 12-12:45			

# APRIL TRAINING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z CompTia A+ 10-1	PTCC Parenting Piece by Piece - D1 Wewinabi 4-5:30	D2 Building Native Communities 2-4	
	Z CompTia A+ 10-1	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
	Z Family to Family 6:30-8:30 Z Making Your Home Healthier 3-4	Z CompTia A+ 10-1 Z Case Mangement 6:30-8:30		H CDL 5:30-9		
	Z Case Mangement 6:30-8:30	0.30-8.30				
9	10	11	12	13	14	15
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	U First Aid/CPR 9-5	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z CompTia A+ 10-1	PTCC Parenting Piece by Piece - D1 Wewinabi 4-5:30	Z Orientation 11-12	
	Z Case Mangement 6:30-8:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
	Z Family to Family 6:30-8:30	H CDL 5:30-9  Z Case Mangement	Z Choosy Eaters 11:30-12	H CDL 5:30-9		
		6:30-8:30				
16	17	18	19	20	21	22
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z Ready Set Play 11:30-12	PTCC Parenting Piece by Piece - D1 Wewinabi 4-5:30	PTCC Serv Safe - D3 Meshakwad 9-5:30	
	Z Case Mangement 6:30-8:30	Z Case Mangement 6:30-8:30	Z My Road to Success 1-2:30	H CDL 5:30-9	D2 Building Native Communities 2-4	
	Z Family to Family 6:30-8:30	H CDL 5:30-9 Z My Road to Success		Z My Road to Success		
		1-2:30		1-2:30		
23	24	25	26	27	28	29
	D1 Building Native Communities 2-4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4		
	Z Family to Family 6:30-8:30	Z ABE 4-5	Z Cooking with Young Children 11:30-12	H CDL 5:30-9		
	Z Da-nandaanokiing 2- 4	U CDL 5:30-9  Z Walking for Fun and Fitness 1-1:45				
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		

# May Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5		H CDL 5:30-9	D2 Building Native Communities 2-4	
	Z Understanding EEP 6-8	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		H CDL 5:30-9				
7	8	9	10	11	12	13
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5			D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z Eating Well 6-7				
14	15	16	17	18	19	20
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	D3 First Aid/CPR 9-5	
	D1 Building Native Communities 2-4	Z ABE 4-5			Z Orientation 11-12	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
	PTCC PCA - D2 ALU 9-4					
21	22	23	24	25	26	27
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4		
	D1 Building Native Communities 2-4	Z ABE 4-5				
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
	PTCC Auto Tech - D1 Ga	<u> </u>				
28	29	30 Z Endazhi 10-11	D3 Building Native Communities 2-4	1 Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	3
		Z ABE 4-5			D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
		Auto Tech - D1 Garage S	9-2:30			

# JUNE TRAINING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
		Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
		Z ABE 4-5			D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
		Auto Tech - D1 Garage 9				
4	5	6	7	8	9	10
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	D2 First Aid/CPR 9-5	
	D1 Building Native Communities 2-4	Z ABE 4-5		2 +	Z Orientation 11-12	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
	Auto Tech - D1 Garage 9 CNA - D2 ALU 10-2:30	)-2:30				
11	12	13	14	15	16	17
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4		
	D1 Building Native Communities 2-4	Z ABE 4-5		Σ-4		
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
	Auto Tech - D1 Garage 9	9-2:30				
10	CNA - D2 ALU 10-2:30	1 20	21	1 22	22	2.4
18	19	Z Endazhi 10-11	21 D3 Building Native	22 Z Fatherhood and	Z Orientation 11-12	24
		2 2.11442111 10 11	Communities 2-4	Motherhood is Sacred 2-4	2 011011141011 11 12	
		Z ABE 4-5			D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	PTCC Serv Safe - D1 Office 9-5:30	
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
		PTCC CNA - D2 ALU 10-2	2:30			
25	26	27	28	29	30	1
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5		2-4	D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
	PTCC CNA - D2 ALU 10-2	2:30				

# JULY TRAINING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
				Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
				Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
			Z Professional Leadership 10-1	Z Professional Leadership 10-1		
9	10	11	12	13	14	15
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	D1 First Aid/CPR 9-5	
	D1 Building Native Communities 2-4	Z ABE 4-5	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z Orientation 11-12	
		Z My Road to Success 1-2:30 Z Professional	Z Professional Leadership 10-1	Z Professional Leadership 10-1	D2 Building Native Communities 2-4	
	PTCC Introduction To Ch	Leadership 10-1 hild Development - D1 Office	ce 9-2			
	PTCC Welding - D1 Gara	ge 9-2				
16	17	18	19	20	21	22
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4		
	D1 Building Native Communities 2-4	Z ABE 4-5				
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
	PTCC Introduction To Ch	Z Professional Leadership 10-1 nild Development - D1 Office	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
	PTCC Welding - D1 Gara		00.5 2			
23	24	25	26	27	28	29
		Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
		Z ABE 4-5			D2 Building Native Communities 2-4	
		Z My Road to Success	Z My Road to Success	Z My Road to Success		
		1-2:30 Z Professional	1-2:30 Z Professional	1-2:30 Z Professional		
		Leadership 10-1 PTCC Introduction To Ch Office 9-2	Leadership 10-1	Leadership 10-1		
		PTCC Welding - D1 Gara	1			
30	31	1	2	3	4	5
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5			D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z Professional Leadership 10-1 eshakwad & PTCC 9-2:30	Z Professional Leadership 10-1	Z Professional Leadership 10-1		

# AUGUST TRAINING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	
	D1 Building Native Communities 2-4	Z ABE 4-5			D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
	PTCC Auto Tech - D3 Me	eshakwad & PTCC 9-2:30				
6	7	8	9	10	11	12
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4	U First Aid/CPR 9-5	
	D1 Building Native Communities 2-4	Z ABE 4-5			Z Orientation 11-12	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	D2 Building Native Communities 2-4	
		Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
	PTCC Auto Tech - D3 Me	eshakwad & PTCC 9-2:30				
13	14	15	16	17	18	19
	Z Da-nandaanokiing 2- 4	Z Endazhi 10-11	D3 Building Native Communities 2-4	Z Fatherhood and Motherhood is Sacred 2-4		
	D1 Building Native Communities 2-4	Z ABE 4-5				
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
	DTCC Auto Took D2 Ma	Z Professional Leadership 10-1	Z Professional Leadership 10-1	Z Professional Leadership 10-1		
20	PTCC Auto Tech - D3 Me		1 22		25	2.5
20	21	Z Endazhi 10-11	D3 Building Native Communities 2-4	24 Z Fatherhood and Motherhood is Sacred 2-4	Z Orientation 11-12	26
		Z ABE 4-5			D2 Building Native Communities 2-4	
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		
			Dev. Appro. Beh D1 Wewinabi 12-4		PTCC Serv Safe - D2 Community Center 9- 5:30	
27	20	PTCC Auto Tech - D3 Me		21		2
27	7 Da nandaanakiing 2	29 Z Endazhi 10-11	30 D3 Building Native	31 Z Fatherhood and	1	2
	Z Da-nandaanokiing 2- 4	Z Endazni 10-11	Communities 2-4	Motherhood is Sacred 2-4		
	D1 Building Native Communities 2-4	Z ABE 4-5				
		Z My Road to Success 1-2:30	Z My Road to Success 1-2:30	Z My Road to Success 1-2:30		