



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

CALENDAR KEY

For Information & Program Details, Visit MyWRC.org

M = Manatee
S = Sarasota
V = Venice

Manatee:
1926 Manatee Ave W
Mon-Thurs · 9am-6pm
Fri · 9am-12pm

Sarasota:
340 S. Tuttle Ave
Mon-Thurs · 9am-6pm
Fri · 9am-12pm

Venice:
530 US-41 Bypass S. #5A
Mon-Thurs · Closed Fri
9am-5:30pm

AFY:
Authentic Fusion Yoga
101 West Venice Ave.#24
Venice, Florida 34285

* = Appointment Only
** = Appointment Suggested
Please call (941) 256-WRC1

Unique Boutique
417 12th St. W. #103
Bradenton, FL 34205
(941) 750-0032
Boutique Hours:
Tues-Fri 11am-5pm
Sat 10am-2pm

Career Connections

Are You Looking for Money for College or Technical Training?
Get Help Completing Grant & Scholarship Applications

TIME: 1:00 PM - 3:00 PM
DATE: Wednesday, February 19th
PHONE NUMBER: (941) 485-9724
Call for more information

LOCATION:
Shannon Staub Public Library
4675 Career Lane
North Port, FL 34289

Are You Interested in Attending a FREE Certified Nurse Assistant Training Program?
6 to 8 Week Class - Earn \$15 or More Per Hour

TIME: 1:00 PM - 3:00 PM
DATE: Wednesday, February 26th
PHONE NUMBER: (941) 366-1700
Call for more information

LOCATION:
WRC Sarasota
340 S. Tuttle Ave
Sarasota, FL 34237

3
M · Family & Friends of Addiction · 6-8pm
M · Latinas of WRC · 6-7:30 pm
S · Employment Coaching*
S · Resource Advising**
V · Resource Advising**

4
S · Yoga · 9-10:30am
S · Employment Coaching*
S · Resume Help*
S · Ask an Attorney*
V · Employment Coaching*
AFY · Authentic Fusion Yoga · 5:30-6:30pm
V · Computer Tutoring*

5
M · Gentle Yoga · 5:30pm
M · Employment Coaching*
S · Employment Coaching*
S · Resource Advising**

6 Unique Boutique Girls Day Out!
50% off *almost* everything from 10am-6pm
M · Book Club · 1pm or 7pm
S · Lunch Bunch · 11:30am
S · Employment Coaching*
S · Resource Advising**
V · Resource Advising**
V · You Are Worthy · 6-8pm

7
M · Employment Coaching*
M · Resource Advising**
S · Yoga · 9-10:30am

8
M · Intermediate Yoga · 9am
M · Yoga for 12 Step Recovery · 11am

10
M · Family & Friends of Addiction · 6-8pm
M · Latinas of WRC · 6-7:30 pm
S · Employment Coaching*
S · Resource Advising**
V · Resource Advising**
V · Lunch Bunch · 5:30pm

11
S · Yoga · 9-10:30am
S · Employment Coaching*
S · Resume Help*
S · Ask an Attorney*
V · Employment Coaching*
AFY · Authentic Fusion Yoga · 5:30-6:30pm
V · Computer Tutoring*

12
M · Gentle Yoga · 5:30pm
M · Employment Coaching*
S · Employment Coaching*
S · Resource Advising**
S · Job Seeker Networking · 1-3pm

13
M · Breathe & Relax Meditation · 5:30-6:30pm
M · Ask a Banker*
S · Lunch Bunch · 11:30am
S · Employment Coaching*
S · Resource Advising**
V · Resource Advising**

14
M · Employment Coaching*
M · Resource Advising**
S · Yoga · 9-10:30am

15
M · Intermediate Yoga · 9am
M · Yoga for 12 Step Recovery · 11am

17
ALL LOCATIONS CLOSED

18
S · Yoga · 9-10:30am
S · Employment Coaching*
S · Resume Help*
S · Ask an Attorney*
V · Employment Coaching*
AFY · Authentic Fusion Yoga · 5:30-6:30pm
V · Computer Tutoring*

19
M · Gentle Yoga · 5:30pm
M · Employment Coaching*
S · Employment Coaching*
S · Resource Advising**
V · Career Connections · 1-3pm
V · Ask a Banker**

20 Unique Boutique Sip & Shop!
50% off *almost* everything from 4-6pm
S · Lunch Bunch · 11:30am
S · Employment Coaching*
S · Resource Advising**
S · Ask a Banker**
V · You Are Worthy · 6-8pm
V · Resource Advising**

21
M · Employment Coaching*
M · Resource Advising**
S · Yoga · 9-10:30am

22
M · Intermediate Yoga · 9am
M · Yoga for 12 Step Recovery · 11am

24
M · Family & Friends of Addiction · 6-8pm
M · Latinas of WRC · 6-7:30 pm
S · Employment Coaching*
S · Resource Advising**
V · Resource Advising**

25
S · Yoga · 9-10:30am
S · Employment Coaching*
S · Resume Help*
S · Ask an Attorney*
V · Employment Coaching*
AFY · Authentic Fusion Yoga · 5:30-6:30pm
V · Computer Tutoring*

26
M · Gentle Yoga · 5:30pm
M · Employment Coaching*
S · Employment Coaching*
S · Career Connections · 1-3pm
S · Resource Advising**
V · Ask an Attorney*

27
M · Breathe & Relax Meditation · 5:30-6:30pm
S · Lunch Bunch · 11:30am
S · Employment Coaching*
S · Resource Advising**
V · Resource Advising**

28
M · Employment Coaching*
M · Resource Advising**
S · Yoga · 9-10:30am

29
M · Intermediate Yoga · 9am
M · Yoga for 12 Step Recovery · 11am



WOMEN'S
RESOURCE CENTER

EMPOWERING *Women* SINCE 1979

Programs that fit *your* life

Is there a personal issue you're facing that you'd like help handling?

Reach out to us in person, online or by phone. We are available to confidentially help connect you to resources in the community.

Are you looking for a job or thinking of making a career change?

WRC provides free one-on-one Employment Coaching for a successful job placement. Individual assistance is available for resume preparation, interviewing skills, networking techniques and job search strategies. Our coaches can tailor the sessions for your individual needs.

Would you or a family member benefit from low-cost mental health counseling?

WRC offers individual, couples and family counseling with fully qualified mental health professionals on a sliding scale fee structure.

Do you have a legal or financial concern that you'd like to discuss?

The Center provides access to professional advice through our Ask a Banker and Ask an Attorney programs.

Do you think you might benefit from having a mentor?

Trained volunteer mentors are available to provide educational, career and emotional support, as well as guidance for your overall well-being.

Are you interested in participating in a Support Group?

The WRC hosts weekly support groups focused on topics such as healthy relationships and self-esteem. We also have a Latinas Support Group that meets weekly. Call or visit our website for full details.

Are you looking for a fun wellness activity to try?

WRC offers enriching programs like yoga, meditation, Book Club, and much more!

Do you need an outfit for work, an interview or everyday casual wear?

Visit the Career Closet in Bradenton or Sarasota to "shop" for free clothes, shoes and accessories. Closets are open Monday-Thursday 9am-4pm and Fridays 9am-11am.



Manatee

📍 1926 Manatee Ave W
Bradenton, FL 34205
☎ (941) 747-6797

Sarasota

📍 340 S. Tuttle Ave
Sarasota, FL 34237
☎ (941) 366-1700

Venice

📍 530 US-41 Bypass S. #5A
Venice FL, 34285
☎ (941) 485-9724