

July 2025

Community Empowerment Workshops



EVERY TUESDAY, WEDNESDAY, AND THURSDAY FROM 10 AM- 4 PM:

THE WORKFORCE CAFE is open for drop-ins to get help with job search, application assistance, and resume prep

Tuesday	Wednesday	Thursday
<p>No workshops scheduled</p>	<p>10:15-11:15 Walking Club Take a stroll with us around the neighborhood! Wear comfortable shoes and meet up in the lobby.</p> <p>11:30-1:30 Sewing with Cousin D (registration required) Basics and beyond! Beginners welcome! Pre-registration required.</p> <p>1:30-2:30 Simple Cooking with Heart: A virtual, yet interactive, healthy heart cooking class.</p> <p>3-4 Yoga with Jiji Join Jiji for a 60-minute Yoga practice, combining mat pilates techniques with yoga poses for a challenging and refreshing community class. Wear comfortable clothes.</p>	<p>10:15-11:15 - Exploring the Anacostia Neighborhood Library - Conversations with a Librarian.</p> <p>11:30-12:30 - Rooted: A Series on Natural Hair Care, Culture, and Confidence. This three-part session integrates cultural awareness, practical hair care education, and self-empowerment.</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p>
<p>10:15-11:15 Tech Drop-in Computer Session: Have questions about technology? Join us at our Open Lab for one-on-one support! Team up with a tech instructor and work at your own pace to achieve your technology goals, whether for personal or professional use.</p> <p>11:30-12:30 Go-Go Fitness Fitness instructor Dani will guide you through exercises and dances designed to support a healthy lifestyle. Wear comfortable clothes and shoes.</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p>	<p>10:15-11:15 Walking Club Take a stroll with us around the neighborhood! Wear comfortable shoes and meet up in the lobby.</p> <p>11:30-12:30 DIY Home Repair & Design Learn some tips and basic skills with Mr. Bynum.</p> <p>1:30-2:30 Simple Cooking with Heart: A virtual, yet interactive, healthy heart cooking class.</p> <p><i>Bread for the City closes at 3 pm for staff meeting</i></p>	<p>10:15-11:15 Professional Etiquette Learn tips on how to conduct yourself during an interview and in the workplace.</p> <p>11:30-12:30 Gentle Yoga with Siobhan A gentle, beginner-friendly yoga class. Wear comfortable clothes</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p> <p>2-3 Wills & Estate Planning Future Planning (for Property): Protecting Your Legacy.</p>

**** All classes held at 1700 Marion Barry Ave, SE ****

<p style="text-align: right;">15</p> <p>10:15-12:15 Crocheting Learn basic crochet skills from the lived experiences of Community member Ms. Jannie!</p> <p>1-2 Hand Dancing 101 - Swing Your Way Into Fitness and Good Health with Eileen Sutton (hand dance instructor). ***Participants are encouraged to wear comfortable non-rubber shoes***!</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p>	<p style="text-align: right;">16</p> <p>10:15-11:15 Walking Club Take a stroll with us around the neighborhood! Wear comfortable shoes and meet up in the lobby.</p> <p>11:30-1:30 Sewing with Cousin D (registration required) Basics and beyond! Beginners welcome! Pre-registration required.</p> <p>1:30-2:30 Simple Cooking with Heart: A virtual, yet interactive, healthy heart cooking class.</p> <p>3-4 Yoga with Jiji Join Jiji for a 60-minute Yoga practice, combining mat pilates techniques with yoga poses for a challenging and refreshing community class. Wear comfortable clothes.</p>	<p style="text-align: right;">17</p> <p>10:15-11:15 American Sign Language Learn the basics of sign language through the personal experience of a community member presented by Ms. Paulette.</p> <p>11:30-12:30 CBD Wellness Workshop- Incorporating Holistic & Natural Wellness Learn about the myths and beneficial impact on pain, anxiety, and depression with BEA CBD.</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p>
<p style="text-align: right;">22</p> <p>10:15-11:15 Go-Go Fitness Fitness instructor Dani will guide you through exercises and dances designed to support a healthy lifestyle. Wear comfortable clothes and shoes.</p> <p>11:30-12:30 Nutrition Education Allison's workshops encompass a range of wellness tools and skills to support attendees in finding their own best answers in becoming masters of themselves. Workshops include behavioral health coaching, movement & martial arts, mindfulness, lifestyle planning, and nutrition education.</p> <p>1-2:30 The Salt Room Experience: An introduction to Salt Room Therapy and the benefits it brings. Afterward, lose yourself in meditation and relaxation in the calming setting of a salt room.</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p>	<p style="text-align: right;">23</p> <p>10:15-11:15 Walking Club Take a stroll with us around the neighborhood! Wear comfortable shoes and meet up in the lobby.</p> <p>11:15-12:15 Line Dancing 101 Line dancing involves synchronized movements done in unison to choreographed steps.</p> <p>1:30-2:30 Simple Cooking with Heart: A virtual, yet interactive, healthy heart cooking class.</p> <p>3-4 Yoga with Jiji Join Jiji for a 60-minute Yoga practice, combining mat pilates techniques with yoga poses for a challenging and refreshing community class. Wear comfortable clothes.</p>	<p style="text-align: right;">24</p> <p>10:15-11:15 Financial Literacy 101</p> <p>11:30-12:30 Housing Law with Bread for the City Attorney</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p>
<p style="text-align: right;">29</p> <p>10:15-12:15 Pieces of us: A collage art workshop with BFC's Crystal Frost</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p>	<p style="text-align: right;">30</p> <p>10:15-11:15 Walking Club Take a stroll with us around the neighborhood! Wear comfortable shoes and meet up in the lobby.</p> <p>1:30-2:30 Simple Cooking with Heart: A virtual, yet interactive, healthy heart cooking class.</p> <p>3-4 Yoga with Jiji Join Jiji for a 60-minute Yoga practice, combining mat pilates techniques with yoga poses for a challenging and refreshing community class. Wear comfortable clothes.</p>	<p style="text-align: right;">31</p> <p>10:15-12:30 p.m - Mindfulness & Movement Guided mindfulness practice to help you manage stress and stay present, a movement-based session designed to build confidence and emotional strength, and a supportive space to explore new ways to care for your mind and body.</p> <p>1-2 Kid + Adult Crafting: Crafting and activities for kids and their adults. Join us for fun. All children must be accompanied by an adult.</p>

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