**Programas de Invierno 2018**

 **Winter Programs 2018**



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| **PROGRAM** | **INITIATIVE** | **DAY/TIME** | **START DATE**  | **END DATE**  | **LOCATION** | **DESCRIPTION** | **CONTACT** |
| **ZUMBA CLASS** | Families - Wellness | **THURS/FRI** 5:30 - 6:30 PM**SAT** 9:30 - 10:30 AM | ONGOING | ONGOING | Sol Room | $3.50 per class.  | KARIME@MICENTRO.ORG (608) 255-3015 |
| **YOGA CLASS**  | Families - Wellness | **FRIDAYS** 5:30 - 6:30 PM | ONGOING | ONGOING | Dream Room | $3.50 per class. | KARIME@MICENTRO.ORG(608) 255-3015 |
| **PA PONERSE SALUDABLE**  | Families- Wellness | **WEDNESDAYS** 5:00 – 6:00 PM6 – 6:30 PM Cooking Class | FEB 7  | APRIL 25 | Centro Hispano | Nutrition workshops tailored to the needs and interests of Madison’s Latino community. | DEANNA@MICENTRO.ORG(608) 442-4018 |
| **LA TIERRA HIZO MI ALMUERZO** | Families – Wellness  | **WEDNESDAYS** 5:00 – 6:30 PM | FEB 7 | APRIL 25 | Centro Hispano | Nutrition classes for kids, promoting healthy eating & being active. | DEANNA@MICENTRO.ORG(608) 442-4018 |
| **FAMILY GARDEN CLASSES**  | Families - Wellness | **TUESDAYS** 5:00 – 6:30 PM | FEB 6 | APRIL 24 | Heroes Room | Learn about food, health, conservation and agriculture through gardening and bring your kids for a free art class.  | DEANNA@MICENTRO.ORG(608) 442-4018 |
| **EL MERCADITO (WINTER)** | Families - Wellness | **WEDNESDAYS** 4:00 - 7:00 PM | FEB 7 | APRIL 25 | Centro Plaza  | Indoor Winter Farmer’s Market. | MARCOS@MICENTRO.ORGDEANNA@MICENTRO.ORG(608) 442-4018 |
| **ACB OF POSTPARTUM** | Families - Wellness | **SECOND MONDAY OF EVERY MONTH**10:00 AM - 12:00 PM4:00 PM – 6:00 PM | FEB 12 | ONGOING | Volcano Room  | Postpartum support and resources. | KARIME@MICENTRO,ORG(608) 255-3015 |
| **CAMINOS CNA**  | Families - Career Pathways | **MON-THURS** 8 AM – 5 PM**FRIDAYS** 8 AM – 4 PM | ONGOING | ONGOING | MATC South & Central  | Certified nursing assistant (CNA) certification program. By application only.  | BIANCA@MICENTRO.ORGCALL (608) 442-4020  |
| **CAMINOS FINANCE**  | Families - Career Pathways | **MON/TUES/THURS**5:00 – 9:00 PM | JAN 29 | APRIL 5 | MCF Tech Lab Centro/MATC | Teller career training program. By application only. | TANIA@MICENTRO.ORG(608) 442-4029 |

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| **LAW CLINIC** | Families – Community Needs | **LAST WEDS OF MONTH**10:00 AM - 4:00 PM | ONGOIGN | ONGOING | Centro Hispano | Help with accident, employment & other small claims cases. Offered by Habush, Habush & Rottier.  | CALL (608) 255-3018 appointments preferred |
| **FREE LEGAL CONSULATIONS WITH IMMIGRATION LAWYER** | Families – Community Needs | **FIRST & THIRD FRIDAY**10:00 AM - 3:00 PM | ONGOING | ONGOING | Centro Hispano | Offered by Grzeca Law group. By appointment only.  | CALL (414) 342-3000 |
| **CENTRO IMMIGRATION SERVICES** | Families – Community Needs | **MON/TUES/FRI** | ONGOING | ONGOING | Centro Hispano Skype  | General consultation and advice. By appointment only.  | CALL (608) 442-4017 |
| **ESL (ENGLISH SECOND LANGUAGE) CLASSES** | Families – Community Needs | **MON** 4:00 – 6:00 PM **TUES/THURS** 10 - 11:30 AM  | ONGOING | ONGOING | Heroes Room | Offered by the Literacy Network | CALL (608) 244-3911 |
| **AFFORDABLE CARE ACT (ACA) NAVIGATOR SERVICES** | Families – Community Needs | **MONDAY-THURSDAY**10:00 AM – 4:00 PM | ONGOING | ONGOING | Centro Hispano | For any questions about health care (via Skype). By appointment only.  | LOURDES@MICENTRO.ORG(608) 442-4017 |
| **MMSD PLAY AND LEARN** | Children | **WEDNESDAYS**9:30 AM - 12:00 PM & 1:00 PM - 3:00 PM | ONGOING | ONGOING | Sol Room | Program for parents/caretakers and their children Birth-5 Years.  | RISSEL@MICENTRO.ORG(608) 204-7918Coordinators: Rissel & Kenyatta. |
| **ESCALERA****(High School)** | Youth  | **MON - THURS**2:3O - 5:30 PM | SEPTEMBER | MAY | East & West High School | Academic support, tutoring, career workshops, guest speakers, resume building workshops, ACT/SAT prep and summer internships. | VIVIEN@MICENTRO.ORG(East High School)MARIAGN@MICENTRO.ORG(West High School) |
| **JUVENTUD****(Middle School)**  | Youth | **MON – THURS**1:30 – 5:30 PM | SEPTEMBER | MAY | Sherman, Wright, Sennett & Toki Middle School | Academic support, parent engagement, and leadership development. | GILMA@MICENTRO.ORGRACHEL@MICENTRO.ORGYARI@MICENTRO.ORGLISETTE@MICENTRO.ORG |
| **(RE)GENERACION**  | Youth | **WEDNESDAYS** 4:30-6:00PM | ONGOING | ONGOING | Dream Room | Collective for latinx High School youth to explore relevant issues through participatory action. | ALONDRA@MICENTRO.ORGRAFAEL@MICENTRO.ORGMARISELA@MICENTRO.ORGGILBERTO@MICENTRO.ORG |

*Note: All programs are free unless otherwise indicated.*

***For information about CENTRO EVENTS please see our event calendar at*** [***http://www.micentro.org/calendar-of-programs-and-activities.html***](http://www.micentro.org/calendar-of-programs-and-activities.html)