**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](mailto: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](mailto:KARIME@MICENTRO.ORG)  (608) 255-3015 |
| **PA PONERSE SALUDABLE** | Families- Wellness | **WEDNESDAYS**  5:00 – 6:00 PM  6 – 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](mailto: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](mailto: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](mailto: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.ORG](mailto:MARCOS@MICENTRO.ORG)  [DEANNA@MICENTRO.ORG](mailto:deanna@micentro.org)  (608) 442-4018 |
| **ACB OF POSTPARTUM** | Families - Wellness | **SECOND MONDAY OF EVERY MONTH**  10:00 AM - 12:00 PM  4:00 PM – 6:00 PM | FEB 12 | ONGOING | Volcano Room | Postpartum support and resources. | [KARIME@MICENTRO,ORG](mailto: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.ORG](mailto:BIANCA@MICENTRO.ORG)  CALL (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](mailto: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](mailto: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](mailto:RISSEL@MICENTRO.ORG)  (608) 204-7918  Coordinators: 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](mailto:VIVIEN@MICENTRO.ORG)  (East High School)  [MARIAGN@MICENTRO.ORG](mailto: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.ORG](mailto:GILMA@MICENTRO.ORG)  [RACHEL@MICENTRO.ORG](mailto:rachel@micentro.org)  [YARI@MICENTRO.ORG](mailto:YARI@MICENTRO.ORG)  [LISETTE@MICENTRO.ORG](mailto:LISETTE@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.ORG](mailto:ALONDRA@MICENTRO.ORG)  [RAFAEL@MICENTRO.ORG](mailto:RAFAEL@MICENTRO.ORG) [MARISELA@MICENTRO.ORG](mailto:MARISELA@MICENTRO.ORG)  [GILBERTO@MICENTRO.ORG](mailto:gilberto@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)