

We all have problems. But it's not what happens to us, [it's] the choices we make after.



— Elizabeth Smart



May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Okmulgee: 16 9am-11am: Managing Workplace Anxiety</p> <p>3pm-5pm: Understanding What Influences Financial Decisions</p> <p>5:30pm-7:30: Parenting – Setting Limits</p>	<p>Jenks: 17 9am-11am: Managing Workplace Anxiety</p> <p>3pm-5pm: Understanding What Influences Financial Decisions</p> <p>5:30pm-7:30: Parenting – Setting Limits</p> <p>Okmulgee: 10am-12pm or 2pm-4pm: Motherhood/Fatherhood Is Sacred</p>	<p>Zoom: 18 9am-11am: Managing Workplace Anxiety</p> <p>3pm-5pm: Understanding What Influences Financial Decisions</p> <p>5:30pm-7:30: Parenting – Setting Limits</p>	<p>Zoom: 19 9am-11am: Managing Workplace Anxiety</p> <p>3pm-5pm: Understanding What Influences Financial Decisions</p> <p>5:30pm-7:30: Parenting – Setting Limits</p> <p>Jenks: 10am-12pm or 2pm-4pm: Motherhood/Fatherhood Is Sacred</p>	<p>20</p>
<p>Okmulgee: 23 9am-11am: Interpersonal Skills</p> <p>3pm-5pm: Managing Debt</p> <p>5:30pm-7:30: Parenting – Avoiding Power Struggles</p>	<p>Jenks: 24 9am-11am: Interpersonal Skills</p> <p>3pm-5pm: Managing Debt</p> <p>5:30pm-7:30: Parenting – Avoiding Power Struggles</p> <p>Okmulgee: 10am-12pm or 2pm-4pm: Motherhood/Fatherhood Is Sacred</p>	<p>25</p>	<p>Zoom: 26 9am-11am: Interpersonal Skills</p> <p>3pm-5pm: Managing Debt</p> <p>5:30pm-7:30pm: Parenting – Avoiding Power Struggles</p> <p>Jenks: 10am-12pm or 2pm-4pm: Motherhood/Fatherhood Is Sacred</p>	<p>27</p>

MCN TRIBAL WORKSHOPS

 	<p>Okmulgee Workshops located at: MCN Safe Space Building, Conference Room #1 3000 Warrior Road Okmulgee, OK 74447</p>	<p>Jenks Workshops located at: MCN Human Services Office Conference Room 1000 Riverwalk Terrace, Suite 240 Jenks, OK 74037</p>	<p>Zoom Workshops: Internet access required to attend. Please provide an email when you register so the URL to join the zoom can be sent to you.</p>
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***Registration is required.** To register for the workshops, please contact your Tribal TANF case manager.

****For any questions or concerns about the workshops, please call the TANF office at (918) 549-2880.**

*****Motherhood/Fatherhood Is Sacred says it is scheduled for 10am-12pm, but times are flexible depending on what time is best for all interested individuals to attend.**

******Motherhood/Fatherhood Is Sacred must have a minimum of 6 individuals registered to open a class. These workshops are continuous and will go on once a week for a total of 6 weeks.**

*******If no one shows up to a workshop within the first 30 minutes, the workshop will be cancelled.**