

PROFESSIONAL ORGANIZERS

MIRIAM ORTIZ Y PINO, CPO

Phone: 505.243.4356 (*leave a detailed message*)

Email: info@MoreThanOrganized.net

Website: <http://www.morethanorganized.net/>

Services:

- Gain Control of Your Time, Stuff & Space Clutter, and Paper solution
- Teleclasses
- Get Organized Now! strategy session

Fees:

- One-on-One Appointments
 - Initial Consultation (*via phone*): FREE
 - Follow-Up (*in person*): start at \$500
- Workshops
 - \$67 per person
 - Call to customize presentation to your needs
- Workbook & MP3
 - \$97-The Streamline Clutter Solution
- Instant mail and email de-clutter solutions
 - Free access for everyone

STORME LYNN

Phone: 505.243.7382 (*call and leave a message*)

Email: stormelynn@yahoo.com

Services & Fees:

Qui-Gong Classes (Sheng Zheng Gong-QuiGong of Unconditional Love)
601 Lomas NE, ABQ, NM 87102 (QUI GONG Classes on M/TU/TH)
2724 Vassar NE, ABQ, NM 87107 (QUI GONG Classes WED)

- Noticing Self/Mindfulness in action (Group Class)
 - \$10 for a 1 hr session
 - Available Monday: 10:30-11:30am
Tuesday & Thursday: 12:30pm-1:30pm
Wednesday: 8am-9am

Movement into Balance* (Self-Care)

Sessions based out of home*

- Mindfulness/Present moment practices
- Support to recognize skills and resources
- Information on reaching full potential & capability
 - One-on-One appointment
 - \$60-\$120 for a 1hr session
 - Monday-Friday: 9am-5pm

HAZEL THORNTON

Phone: 505.242.6762 (*call and leave a detailed message*)

Email: hazel@org4life.com

Website: <http://www.org4life.com/>

Services:

- Time Management
- Home & Office Organizing
- DIY Organizing
- Quick Fix Service

Fees:

- 20 Minute Telephone Consultation: Free
- Initial consultation: \$300
- Follow-up sessions: &75-\$100 per hour

ELIZABETH TAWNEY GROSS CPO, CPO-CD

Phone: 505.797.3628 (*call and leave a detailed message*)

Email: elizabeth@org4everyday.com

Website: <http://org4everyday.com/>

Services & Fees:

- Free 30 Minute Telephone Assessment
- Initial Consultation: \$400
- Business Organizing : \$400-\$3400
 - Increase your productivity
- Paper Management:\$500
 - Get your paper under control with FreedomFiler
- Home/Office Organizing:\$400
 - Become more effective
 - Allows you to be creative

5% student discount offered to UNM students

ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.

SKILL BUILDING OPPORTUNITIES

<p>UNM STUDENT HEALTH AND COUNSELING (SHAC) 1 UNM MSC06 3870, Building 73, ABQ, NM 87131 Phone: 505.277.3136 Website: http://shac.unm.edu Workshop Dates & Times: Vary by semester <i>Check website for most updated information</i> Services: <ul style="list-style-type: none"> • Skill Building Workshops Appointment Type: Group Workshop Cost: FREE for Students <ul style="list-style-type: none"> • Space Maybe Limited • Register online http://shac.unm.edu/forms/counseling-workshops.html </p>	<p>UNM CAREER SERVICES 1 UNM MSC 06 3710, UAEC Rm 220, ABQ, NM 87131 Phone: 505.277.2531 Website*: http://career.unm.edu Walk in Hours: (Check website, schedule varies by semester) Services: <ul style="list-style-type: none"> • Host career fairs for students and alumni <ul style="list-style-type: none"> ○ Careers and employment opportunity ○ Summer student job and internship fair • WorkKeys Assessment • Career Fair Preparation Workshops • Etiquette Dinner <ul style="list-style-type: none"> ○ FREE Dinner ○ Coached on etiquette during a formal meal *Visit website for all upcoming career fairs and information </p>
<p>SKILLPATH TRAINING Phone: 1.800.873.7545 Website: http://www.skillpath.com/ Workshop Dates & Times: Check website for exact dates and times Services: <ul style="list-style-type: none"> • Administrative Support Training • Business Writing/Advertising • Finance and Accounting • Management & Supervisory • Personal Development/Communication Fees: Varies, dependent on class <ul style="list-style-type: none"> • Range from: \$149-\$399 per person </p>	<p>PUBLIC SERVICE UNIVERSITY: WORKKEYS (ASSESSMENT) (4 Locations listed on website) Phone: 505.768.3200 Website: https://www.publicserviceuniversity@cabq.gov Services: <ul style="list-style-type: none"> • Human Resources Department provides personnel management and employment services to the City of Albuquerque. • Assessment provides a series of real-world skills • Looks good on resume <ul style="list-style-type: none"> ○ Multiple employer's, including the City of Albuquerque, certain positions require individuals to take assessment before hiring Fees: FREE </p>
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SKILL BUILDING OPPORTUNITIES

LIFES COMPASS LLC CAREER & LIFE MANAGEMENT SERVICES

4801 Lang Ave NE #101, ABQ, NM 87109

Phone: 505.867.5259**Email:** info@lifesccompass.com**Website:** <http://lifesccompass.com/>**Services:**

- From Your Career:
 - Attempt to help increase income
 - Help you enjoy work again
 - Create a better work/life/school balance
 - Decrease the time to your next promotion
- From Your Life:
 - Help add direction to your life
 - Gain peace of mind
 - Have more free time
 - Increase fulfillment in your life

Fees:

- One-on-One Appointments
 - Initial Consultation is always free
 - Follow-up fees are negotiated
- Group Course
 - Include job search skill development and life management skills
 - Price negotiable & dependent on group size

UNM CENTER FOR ACADEMIC PROGRAMMING (CAPS)

MSC05 3020, Third Floor, Zimmerman Library

Phone: 505.277.7205**Website:** <http://caps.unm.edu/>**Hours:** (Check website, schedule varies by semester)**Services:**

- Math & Sciences Tutoring Program
- Online Tutoring Program
- Supplemental Instruction (SI) Program
- Learning Strategies Program
- Multi-Disciplinary Tutoring Program
- Online Tutoring
 - **FREE**
- Peer Tutoring
 - **FREE**
 - Subject Specific
 - Support for challenging subjects
- Workshops
 - **FREE**
 - Topics include enhancing study strategies, time management, note-taking skills

CNM COMMUNITY COLLEGE**Website:** <http://www.cnm.edu/depts/taxhelp>**Services:** Tax Help New Mexico offers free assistance in preparing and filing income tax returns**Eligibility:**

New Mexico residents with one or more of the following:

- Annual household income of less than \$54,000
- Age 65 or older
- Meet the qualifications for help (Single, Head of Household, Qualifying Widow(er), Married Filing Jointly)

What to bring:

- Photo Identification
- Social Security Card OR Tax Identification Number (ITIN), for every person on your return
- All W-2 forms
- All 1098 & 1099 forms
- Prior year tax returns

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NUSENDA CREDIT UNION

(18 ABQ locations, see website for more information)

Website: <http://www.nusenda.org>

Hours: Monday-Thursday: 9am-5pm, Fr: 9am-6pm,
Saturday: 9am-1pm

Service:

Money Management Telephone Counseling

- The counselor will help you with:
 - Money Management
 - Goal Setting
 - Budgeting
 - Saving Plans
 - Debt Repayment
 - Bankruptcy Prevention
 - Home Purchase
 - Avoiding Foreclosure
- Each telephone session is 60 minutes
- No limit on the number of sessions

Fees: Free

MONEY MANAGEMENT INTERNATIONAL

Phone: 866.889.9347

Website: <http://www.moneymanagement.org>

Services:

- Budget and Debt Counseling
- Debt Management
- Credit Report Review
- Student Loan Counseling
- Foreclosure Prevention
- Reverse Mortgage Counseling
- Bankruptcy Counseling
- Financial Workshops

Fees: Free

SOUTHWEST NEIGHBORHOOD HOUSING SERVICES, INC

6301 4th ST NW, Suite 5 ABQ, NM 87107

Phone: 505. 243.5511

Email: info@nhsofalb.org

Website: <http://www.nhsofalb.org>

Hours: Monday-Friday: 8am-5pm

Services & Fees:

FREE Workshops (By appointment)

- First Time Buyer Class-by appointment
 - Variety of loans at competitive rates
- Offer help with USDA
 - Loan for rural areas
- Credit Workshop
 - Importance of credit and how to build it
- Homebuyer Education
 - Topics include: Budgeting, Credit, Savings, Insurance, the role of the realtor, and what can be expected at closing
 - Foreclosure Prevention
 - Counseling Information of options and assistance in obtaining a resolution

FREE One-on-One Financial Counseling

- Bring pay stubs, financial statements and logs of daily expenditures

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CPR TRAINING OPPORTUNITIES

SOUTHWEST CPR

2705 Juan Tabo Blvd. NE Suite C-3, ABQ, NM 87112

Phone: 505.235. 8994

Website: <http://www.sw-cpr.com>

Services & Fees:

- Basic Life Skills (BLS) (Healthcare professionals)
 - \$55
- Basic First Aid/CPR/AED
 - \$55
- Basic First Aid
 - \$39
- Pediatric First Aid/CPR/AED
 - \$59
- Childcare and Babysitting Safety
 - \$65
- CPR for Friends and Family
 - \$20
- CPR Pro for the Professional Rescuer (Blended Training)
 - \$65

For full list of classes and fees, see website

CPR PROFESSOR

Phone: 866.967.9111

Email: Info@CPRprofessor.com

Website: <http://www.cprprofessor.com>

Services & Fees:

- CPR/AED Certification Online (Community & workplace)
 - \$19.95
- Basic First Aid Certification Online
 - \$19.95
- CPR/AED/ First Aid Certification Online
 - \$34.95
- CPR/ AED certification online(Healthcare Professionals)
 - \$24.95

Certification Process:

- Visit the Website
- Register for a Class
- Review the Course Materials
- Pass Course Exam
- Receive Certification

PROJECT HEART START

502 Elm Street NE, ABQ, NM 87102

Phone: 505-843-2814

Email: amandaga@nmhi.com

Website: <http://projectheartstartnm.org/>

Services:

- Training on Compression only CPR
- Training in AED usage
- Statewide Training

Cost: Free-All Public Schools, for Private companies a sliding scale provided.

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CAREER WEBSITE RESOURCES

GLASS DOOR

Website: <http://glassdoor.com>

Services:

- Job listings by field and subcategories
- Employee and other field professional reviews of businesses and companies
- List salaries of job postings and positions
- List frequency of interviews per company

INDEED

one search. all jobs

Website: <http://indeed.com/>

Services:

- Searchable Jobs listings specific to:
 - Title, salary, company, location, location radius, job type, employer recruiter
 - Or based on if you are in school or not
- Post your Resume

MONSTER

Website: <http://monster.com/>

Services:

- Job listings specific to:
 - Categories, company, location, or industry
- Post your resume
- Save searches and have jobs sent to you
- Find articles on how to improve your resume
- Career and Interviewing tips to help the job hunter know what to expect and be prepared

SIMPLY HIRED

Website: <http://simplyhired.com/>

Services:

- Searchable jobs listings by category or location
- Ability to upload resume

SNAG-A-JOB

Website: <http://snagajob.com/>

Services:

- Searchable Jobs listings specific to:
 - Browse/Search jobs by: category, industry, job title and company
- Job tips to help you successfully impress an employer and “snag-a-job”
- Ability to recommend jobs in your area of interest

LET’S TALK BUSINESS-NEW MEXICO

Phone: 505.338.1500

Website: <http://letstalkbusinessnewmexico.com/>

Services:

- Talk radio and podcasts
 - Listed under **Productivity** and **Management** archives
 - Information and discussions on various topics such as: tax tips, time management, reducing costs, financial planning, etc.

Cost: Free

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