

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
 - Programs start at \$750
- Workshops
 - \$20-\$500 price depending on the workshop
 - 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-WhoGong 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: 11am-12pm
 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

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 for 4 hours
- For package options please refer to the website

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

SKILL BUILDING OPPORTUNITIES

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
Check website for most updated information

Services:

- Skill Building Workshops

Appointment Type: Group Workshop

Cost: FREE for Students

- Space Maybe Limited
- Register online <http://shac.unm.edu/forms/counseling-workshops.html>

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:

- Host career fairs for students and alumni
 - Careers and employment opportunity
 - Summer student job and internship fair
- WorkKeys Assessment
- Career Fair Preparation Workshops
- Etiquette Dinner (for more info contact rapodaca@unm.edu)
 - FREE Dinner
 - Coached on etiquette during a formal meal

***Visit website for all upcoming career fairs and information**

SKILLPATH TRAINING

Phone: 1.800.873.7545

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

Workshop Dates & Times: Check website for exact dates and times

Services:

- Administrative Support Training
- Business Writing/Advertising
- Finance and Accounting
- Management & Supervisory
- Personal Development/Communication

Fees: Varies, dependent on class

- Range from: \$149-\$499 per person

PUBLIC SERVICE UNIVERSITY: WORKKEYS (ASSESSMENT) (4 Locations listed on website)

Phone: 505.768.3200

Website:

<https://www.cabq.gov/humanresources/workforce-development/public-service-university>

Services:

- 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
 - Multiple employer's, including the City of Albuquerque, certain positions require individuals to take assessment before hiring

Fees: FREE

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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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FINANCIAL WELLNESS OPPORTUNITIES

NUSEDA 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.

Upcoming Project Heart Start Day:

9TH ANNUAL PROJECT HEART START DAY

June 23, 2018

Albuquerque: North Domingo Baca Center – Wyoming and Paseo del Norte

Rio Rancho: Cabazon Community Center and Park

Los Lunas: Daniel Fernandez Rec. Center

8:00am-Noon

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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

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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