

## PROFESSIONAL ORGANIZERS

### MIRIAM ORTIZ Y PINO, CPO

**Phone:** 505.243.4356 (*leave a detailed message*)

**Email:** [info@MoreThanOrganized.net](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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

8205 Spain Rd. NE, Suite 108, ABQ, NM 87109

**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](mailto:Info@CPRprofessor.com)

**Website:** [www.cprprofessor.com](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:** 505-881-8195

**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

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