

## **Church Point Housing Provides Life Skills**

### ***For Immediate Release***

Residents from the Church Point Housing Authority were joined by other local citizens on their path towards success. The group represented the first class to complete the CPHA's **Opportunity Now** Life Skills and Job Readiness course. Church Point Mayor Roger Boudreaux presented students with their certificates of completion during a recent award ceremony.

Opportunity Now provides CPHA residents with access to programs that are designed to improve their overall quality of life. The programs include HiSET (formerly GED) classes, Introduction to Computer classes, Reading and Writing Enhancement classes, and Life Skills and Job Readiness classes.

The six-week Life Skills and Job Readiness course taught students the benefits of a positive attitude and self-talk, effective communication skills, conflict resolution, problem solving, time management, employer expectations, job hunting, and interview techniques.

Nina Guillory-DuPont, the Life Skills instructor, says the class represents a chance for new beginnings. "We wanted our students to know that regardless of your past or your present situation the topics covered in this course can help you with a fresh start."

The completion of this first class is just the first step in the first phase of providing CPHA residents with opportunities for success says Executive Director Charles Labbe. "We will continue to work to ensure that everyone in housing who wants to improve their lives will have the resources to move forward."

CPHA resident Tina Lewis perhaps best summed up the level of appreciation for the classes. "I learned a lot of valuable information over the last several weeks. I will never forget this, and I want to thank everyone from the bottom of my heart."

For more information on Opportunity Now please visit [www.cpnnow.org](http://www.cpnnow.org)

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