









Turning the Hearts Center Empowerment Groups



Turning the Hearts Center is the leader in youth and adult empowerment groups inspired by real life experiences and nonprofit empirical research

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Change of Heart Substance Abuse Class Every Monday Ages 13-17 5:00pm-6:30pm Ages 18 & older 6:30pm-8pm Manny Castro	Full Body Circuit Training Tuesday & Thursday 6am-7am & 7pm-8pm Alejandra Aceves	G.A.M.E. Ages 13-21 Every Wednesday and Friday 5:00pm-6:30pm Manny Castro	Girls to Women Ages 13-17 Every Thursday 5:00pm-6:30pm Alejandra Aceves	Graffiti Removal Program Every Thursday & Friday 5:00pm-6:30pm Manuel Santos	GED Tutorial Program Every Saturday 9:00am-1:00pm Javier Maldonado	Safe Parking Program Sunday-Saturday Check in 7pm Check out 7am
GED Tutorial Program Call for times English / Spanish Javier Maldonado	The Arts Tuesday & Thursday 4p-4:45p Kids Percussion Class (4-12) 5pm-6pm Percussion Class (13 & older) Isaac Lewis	Adult Anger Management Every Tuesday & Wednesday English 5:00pm-6:30pm Manny Castro	Chill Out! Anger Management Ages 13-17 Every Thursday 5:00pm-6:30pm Manny Castro	Change of Heart Substance Abuse Class Ages 13-17 Every Friday 5:00pm-6:30pm Manny Castro	Parenting From the Heart Every Saturday 10:00am-11:30am Spanish Eibby Guzman	Look for this button on our website!  Be part of the "Power of 100" Club
The Arts Monday & Wednesday 4pm-4:45pm Kids Piano (4-12) 5pm-6pm Piano Lab (13 & up) Isaac Lewis	WORK READINESS Monday-Friday 10:00am-11:30am Gabe Godines	Girls Rise Up Ages 9-12 Every Wednesday 5:00pm-6:30pm Andrea Cancio	Gone But Not Forgotten Thursday 10:00am-11:00pm Doug Luffborough	WORK READINESS Monday-Friday 10:00am-11:30am Gabe Godines	Graffiti Removal Program Every Saturday 9:00am-11:00am Manuel Santos	Dial  Assistance is confidential and offered in more than 150 languages.
Boys to Men Ages 13-17 Every Monday 5:00pm-6:30pm Michael Deugan	Parenting From the Heart Every Tuesday 6:30pm-8:00pm English Belinda Varela	Women on the Rise Ages 18-21 Every Wednesday 5:00pm-6:30pm Alejandra Aceves	Change of Heart Substance Abuse Class Ages 18 & older Every Thursday 6:30pm-8:00pm Manny Castro	G.A.M.E. Ages 13-21 Every Wednesday and Friday 5:00pm-6:30pm Manny Castro	Health & Fitness Turbo Fire Every Saturday 9:30am-10:30am Cloretta Banks	follow us on   join us on  
Health & Fitness Turbo Fire Monday 6:00pm-7:00pm Tuesday- Friday 9:30am-10:30am Cloretta Banks	Men On the rise Ages 18-21 Every Thursday 5:00pm-6:30pm Raymundo Trejo	Boys Rise Up Ages 9-12 Every Wednesday 5:00pm-6:30pm Micheal Deugan	Parenting From the Heart Every Thursday 6:30pm-8:00pm Spanish Patriona Castro	The Arts Friday 4pm-4:45pm Kids Piano (4-12) 5pm-6pm Piano Lab (13 & older) Isaac Lewis	GED Tutorial Program Every Saturday 9:00am-1:00pm Javier Maldonado	Orientation Every Wednesday 1:00pm & 6:00pm

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www.turningtheheartscenter.org

THC Office Hours Monday-Friday 8:00am-8:00pm Saturday 9:00am-1:00pm