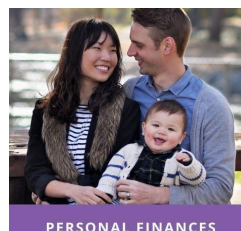
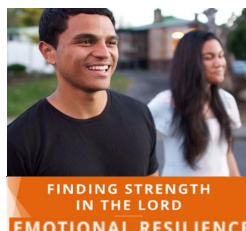
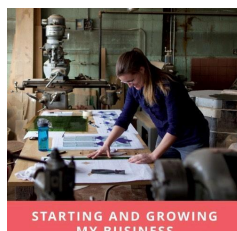


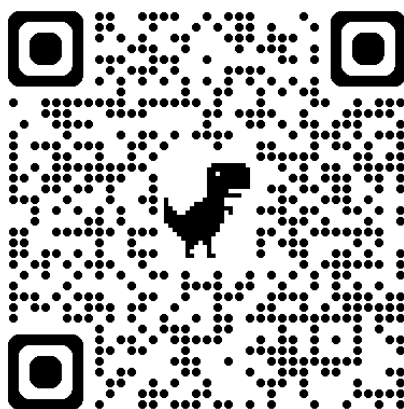
Develop a Skill, Make Friends, and Deepen Your Faith in Jesus Christ



Winter / Spring 2026 Multi-Stake Self-Reliance Courses*

Two-hour Virtual Classes (using Google Meet)

QR code to register
Codigo QR para registrarse



Classes in English

Emotional Resilience (10-week course) 3 options:

- Sundays, 7-9 pm (begins Feb 15)
- Thursdays, 10am-12pm (begins Feb 19)
- Thursdays, 7-9pm (begins Feb 19)

Personal Finance (12-week course) 2 options:

- Sundays, 7-9pm (begins Feb 15)
- Thursdays, 7-9pm (begins Feb 19)

Starting & Growing my Business (12-week course) 2 options:

- Sundays, 4-6pm (begins Feb 15)
- Thursdays, 7-9pm (begins Feb 19)

Cursos de Autosuficiencia en Español

Resiliencia emocional (curso de 10 semanas):

- Los Lunes, 7-9pm (comienza el 15 de Febrero)

To obtain a hard copy of the manual, contact your stake or ward self-reliance specialist. Course manuals can also be found online: go to churchofjesuschrist.org, select Libraries/Gospel Library/Books and Lessons/Self-Reliance Resources.

Para obtener un manual para el clase, comuníquese con el especialista en autosuficiencia de su barrio o estaca. O los miembros de la Presidencia de élderes y de la Sociedad de Socorro deberían poder ayudarlo a averiguar quién es su especialista en autosuficiencia.

Seeking help for finding a better job? Register for one-on-one help at employment.churchofjesuschrist.org, then select "help for job seekers."

These courses were developed by The Church of Jesus Christ of Latter-day Saints. All are welcome to attend these faith-based courses.

*Registration for classes closes Sunday, Feb 8