

Need a Job? Looking for a New Career?



Home Health Aide Training
and Custodial Training Now Enrolling!



Food Prep & Production Training
Now Enrolling!



Free Home Health Aide Training... Now Enrolling!

- **Get a job** as a Home Health Aide!
- Training on professional elder care at home.
- Includes Vocational English as a Second Language.
- Clinical practice at healthcare facility.
- Training in First Aid and CPR.

Free Custodial Training...Now Enrolling!

- **Get a job** in the Custodial field!
- Training on tools, chemicals, and equipment.
- Includes Vocational English as a Second Language.
- Learn how to effectively clean commercial facilities.
- Practice proper and safe handling of diverse chemicals.
- **Requires English skills at ESL 4 or higher.**

Free Food Preparation and Production Training...Now Enrolling!

- **Get a job** in the Culinary & Food Services field!
- Work with a wide range of western cooking techniques.
- Learn effective station set-up and organization.
- Hone your knife skills and improve your speed and accuracy.
- Learn & practice kitchen terminology, safety, and sanitation.
- Taught by Chinese bilingual instructor (non-Chinese students are welcome to join).
- **Requires English skills at ESL 4 or higher & basic Math skills.**

Limited Space! Call to Set Up an Orientation Today!

(415) 677-7500

601 Jackson St., San Francisco, CA 94133

www.selfhelpelderly.org

alisonc@selfhelpelderly.org

Training provided in partnership with:



需要一份工作？追求新的事業？



家居護理班及商務清潔班現在招生！



烹飪培訓班現在招生！



免費『家居護理員』培訓…現在招募當中！

- 爭取一份家居護理的工作！
- 長者家居護理專業訓練
- 包括職業「英語為第二語言」輔導課程
- 健康照護機構實習機會
- 急救和心肺復甦訓練

免費『商務清潔』培訓…現在招募當中！

- 爭取一份商務清潔的工作！
- 工具、清潔化學用品及器材的應用訓練
- 包括職業「英語為第二語言」輔導課程
- 學習如何有效地清潔商務物業
- 學習正確及安全地處理各種清潔化學用品
- 需要英語至少 ESL 4

免費『烹飪』職業培訓…現在招募當中！

- 爭取一份烹飪及飲食服務行業的工作！
- 學習廣泛的西方烹飪技術
- 學習安排有效率及安全的工作環境
- 磨練運用刀技能，提高速度和準確性
- 學習與實習廚房術語，安全及衛生
- 由中文雙語教師授課(非華裔學生也歡迎上課)
- 需要高中英語/至少 ESL4 與數學技能

名額有限！立刻致電預約就業講座！

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