

# NextGen Virtual Appointments

(Open Sessions Are Intended for Ages 14-24)

NextGen will be offering 1-hour open appointments on Tuesday Mornings and Friday Afternoons! Please see our list of virtual services below!

## Step 1: Choose a Topic

- What is a Resume?
- Revise my Resume
- Basics of Financial Literacy
- How to Build a Budget for the School Year?!
- Career Exploration
- Job Searching
- How to Prepare for a Job?!

## Step 2: Select a Time

### Tuesday Mornings

Time: 9:00 am to 10:00 am  
Time: 10:00 am to 11:00 am  
Time: 11:00 am to 12:00 pm

### Friday Afternoons

Time: 12:00 pm to 1:00 pm  
Time: 1:00 pm to 2:00 pm  
Time: 2:00 pm to 3:00 pm

**Step 3: Send an email to Chelta Wray at [cwray@vcwhamptonroads.org](mailto:cwray@vcwhamptonroads.org) or call or text (757)-510-0481 to schedule and confirm your upcoming virtual appointment!**

We look forward to assisting you!



## Join NextGen and Virtually Learn

### How to Write a Great Resume

(This workshop is intended for ages 14-24).

Writing a resume can be a little intimidating! Join NextGen on Wednesday, August 12th at 2:30 pm for some virtual helpful tips and pointers on writing a great resume!

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### How Self-Care is the Best Care!

(This workshop is intended for ages 14-24).

With school starting just around the corner, a healthy balance between school, work, and home life is key! Please join NextGen on Wednesday, August 26th at 2:00 pm for this virtual 1-hour long workshop on self-care!

To R.S.V.P for either workshop, please send an email to Chelta Wray at [cwray@vcwhamptonroads.org](mailto:cwray@vcwhamptonroads.org) or call or text [\(757\)-510-0481](tel:757-510-0481) to schedule and confirm your space!

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