



MEDIA RELEASE

City of Fontana
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FOR IMMEDIATE RELEASE

Community Assistance Program Seminars in July & August ***Fontana, California***

Fontana, California, July 8, 2010. The Mayor and City Council invite the public to explore the free seminars available through the Community Assistance Program (CAP) in the months of July and August. Seminars take place at the Cypress Center, located at 8380 Cypress Avenue, Fontana, Ca. 92335. Please register for seminars prior to attending. The following seminars are available in July and August:

- **Writing a Winning Business Plan, July 15 from 6:00 p.m. - 8:00 p.m.** Understand the basic concepts and information to be included in a bankable business plan. *Instructor: Carla Ulloa*
- **Marketing 101, Thursday, July 22 from 6:00 p.m. - 8:00 p.m.** Get insight on marketing tools you can use – including branding, advertising, event marketing and word of mouth. *Instructor: Carla Ulloa*
- **How to Choose the Right Entity for Your New Business, July 29 from 6:00 p.m. - 8:00 p.m.** Acquire from a lawyer the legal structure that is right for your business. *Instructor: Carla Ulloa*
- **Anger Management, August 5, 12, 19, 26 & September 2, 9, 16, 6:00 p.m. - 7:30 p.m.** Learn how to improve self-control, practice problem-solving without aggression, improve communication skills and gain awareness of emotions that influence behavior. Classes are for ages 13 to 17 years old. For more information or to register please contact Nicole Caceres at (909)605-3782 or (909)980-6700. *Instructor: Crossroads*

The City of Fontana in partnership with Water of Life Community Church, offers Fontana residents no-cost or low-cost services through the Community Assistance Program (CAP). CAP readily provides residents with resources to enrich the lives of families and individuals, enabling them to lead more productive lives. Fontana's CAP program brings together community assistance organizations, local churches and schools to create a network designed to solve problems and help those in need. To register for a seminar listed above, call (909) 428-8374. For more information, call (909) 803-1059 extension 207 or visit www.FontanaCAP.org.

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