

NEWSLETTER

2026



The Department of Higher Education and Workforce Development designated Family and Workforce Centers of America (FWCA) as the local fiscal agent for St. Louis County Workforce Development which will be housed at the MET Center effective January 5, 2026.

Family and Workforce Centers of America

is a 501(c)(3), Missouri non-profit organization based in St. Louis, Missouri. Our mission is to help individuals and families achieve and maintain self-sustainability through the dynamic application of evidenced-based training and workforce development. FWCA believes that family stability reflects the state of conditions in our neighborhoods and communities. Further, we understand communities' strengths are built on sound partnerships in both the public and private sectors.

As such, we implement comprehensive programs with family strengthening activities, two-generational approaches, that include vocational education and training, employment and financial literacy/asset development that set youth and families on a pathway to success.



PROGRAMS & SERVICES

-Our Youth service programs focus on facilitating and assisting in the growth and development of the youth in our community.-

Early Explorers Child Development Academy (EECDA)

EECDA implements a comprehensive approach to a child's health, nutrition, growth, and development. We emphasize parental engagement with a focus on activities that are structured toward the betterment of children ages 6 weeks-5 years.

To enroll a child, visit us at www.eecda-stl.com



EECDA youth are out of this world!

Youth Programming

Our program provides assistance to in-school and out-of-school youth prepare for post-secondary education and employment opportunities, attain educational and/or skills training credentials, and secure employment with career/promotional opportunities.

Our Young Adult Program offers resume workshops, college ACT and essay prep, and more to enrolled youth.



Youth participate at our READY4Life Youth Outreach Tour at Riverview Gardens High School.

READY4Life Program

Our Healthy Marriage and Relationship Education (HMRE) programming lists—Relationships, Education, Advancement, and Development—as key ingredients to prepare Youth for Life (READY4Life).

This program is designed to support healthy relationships and marriage, including the value of marriage in future family formation and skills-based healthy relationship and marriage education to youth in high school (grades 9-12), high-school-aged youth (ages 14-17), and/or youth in late adolescence to early adulthood (ages 18-24). program offers opportunities with regional partners and local organizations to provide educational, job training, and employment services to youth, ages 16 to 24, that are out-of-school or discontinued attending school.

Every year, we conduct a forum and school outreach events that really get the students engaged with colleges and universities, employers and more!

PROGRAMS & SERVICES

-Our Programs provide access to resources to gain or develop additional job skills-

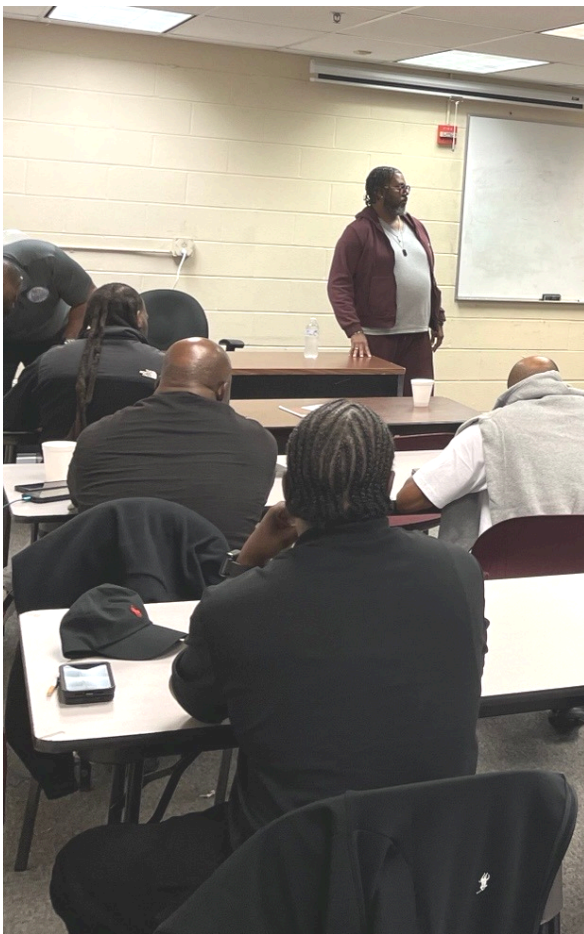
Adult and Dislocated Workers

Our Adult and Dislocated Workers Program provides outreach, recruitment, enrollment, intake, assessment, orientation, job readiness training and placement for adults who are interested in gaining employment or developing new skills for employment.

FWCA also provides employability skills thru workforce services. We also work by linking locally incarcerated offenders to a continuum of employment, training, education, and support services.

At the American Job Center, customers can sign-up for resume building workshops, develop soft skills, attend job and resource fairs with leading industry employers, and gain access to trained and skilled career coaches ready to assist them in their job search!

Information about job fairs and resources are continuous and shared in the Job Resource Center on the First Floor!



At the MET Center, we host workshops with in demand employers to help prepare every customer gain the knowledge they need to be gain and retain employment.



Career Institute

In May 2017, FWCA Career Institute (Career Institute) was approved by the Missouri Department of Higher Education and in October 2020, Institute was recognized as a U.S. Dept. of Labor (USDOL) registered apprenticeship program (RAP) sponsor.

In December 2023, the Career Institute was approved by the International Accreditors for Continuing Education and Training (IACET) as an IACET Accredited Provider to provide Continuing Education Units (CEUs) of its courses.

As Bioscience and Technology is a rapidly growing field that applies life processes to practical uses, **FWCA has created its own school to prepare the community to engage in this growth!**

Our premier Lab Technician Training Program provides a 12-Week interactive classroom experience and wet lab training for adults 18 years and older in Science, Technology, Engineering and Math (STEM).

PROGRAMS & SERVICES



Pictured, FWCA's Forklift Training class in session as a participant listens to his instructor on the fundamentals of forklift operations.

Forklift Certification

FWCA offers an OSHA Certified Forklift Training Certification Program. For \$150, this two-day program includes: Introduction to Lift Trucks, How Lift Trucks Work, Proper Load Handling, Safe Driving Skills, Refueling and Battery Recharging, Inspection/Maintenance, and more.

To learn about this program, visit our Career Institute tab on www.fwca-stl.com.

FWCA/CIBC Entrepreneurship Training Program

FWCA in collaboration with CIBC Bank implements this program for entrepreneurs wanting to start their own business. Participants have the opportunity to apply for a micro loan up to \$10,000.

Want to learn about the ETP? Contact Vamadu Sheriff to learn about this program!

The next column has a list of comprehensive and upcoming programs at the Career Institute.

- **Forklift Training & Certification Program**
 - This OSHA & National Safety Council (NSC) Certified two-day program offers training in handling a forklift. Along with safe driving skills, refueling, battery recharging, inspections and more!
- **FWCA Entrepreneurship Training Program**
 - In partnership with CIBC Bank, this program is designed for entrepreneurs wanting to start their own business. Participants have the opportunity to apply for a micro loan up to \$10,000!
- **Lab Tech Training Program**
 - This Program is a Missouri DHE & WD Certified, 12-week comprehensive scientific-based training to prepare students for the entry-level workforce for careers in STEM!
- **AG-Hydroponic Technician Program**
 - Participants in this program will learn how to grow produce and maintain hydroponic farming systems, preparing them for access to careers in a new, fast growing field!
- **Home Performance Laborer Program**
 - This DOL-Approved Apprenticeship Program spans four (4) weeks and is designed to equip participants with the skills necessary to become a general laborer, with the potential to specialize in or become a journeyman in the construction trades.
- **Custom Paint Prep Program**
 - Our Custom Paint Prep (CPP) Program is a four (4) week program created to provide a career pathway into commercial painting. The CPP program offers pre-apprenticeship style learning and training to prepare individuals for careers in commercial painting in a safe, welcoming environment.
- **AgriBusiness Program**
 - Unlock the potential of your farm with our Agribusiness Program. Learn about a variety of subjects in agribusiness from sustainable practices to modern technology.
- **Information Technology Specialist**
 - Participants in this program will be trained in technology and professionalism, while learning foundational technology skills including: computer basics and troubleshooting, applications and software, database fundamentals, and security in preparation for a technology career or entrepreneurial endeavors.
- **Audio and Video Technician**
 - This Program prepares individuals to function as workers and managers within communications industries. This includes instruction in business economics; basic management; principles of interpersonal and mediated communications; radio, television, and digital media production; and related aspects of technology and communications systems leading to a certificate of completion in Audiovisual Communications Technologies/Technicians

PROGRAMS & SERVICES

Mental Wellness Corner with Dr. Cooley

Supporting Your Well-Being—At Work and Beyond

It's the perfect time to reset, recharge, develop healthy habits, and make time for self-care.

Monthly Focus: Building Healthy Habits

Building healthy habits doesn't have to be complicated. Start with these simple steps to help you reset, recharge, and feel your best: Take short breaks throughout the day — even a few minutes can help clear your mind

Drink plenty of water and eat regular meals — your body and mind work better when they're fueled

Don't be afraid to say "no" when you need to — it's okay to set limits

Take a moment to appreciate the good things in your day — big or small

Get outside when you can — fresh air and sunshine can help improve your mood

Check in with yourself — ask, "How am I doing today?" and give yourself what you need

Wellness Challenge of the Month: "Take 15 for You"

Spend 15 minutes each day doing something that helps you relax and recharge. Take a walk, listen to music, read a book, meditate, stretch, or simply take a few moments to yourself.

Reminder: Taking care of your mental health helps you handle stress, stay focused, and feel better both at work and at home.

If you or someone you know needs support, help is available: 988 Suicide & Crisis Lifeline – Call or text 988 (24/7, free & confidential)



JULY 2026

FWCA/MET CENTER CALENDAR



**FAMILY FOCUSED.
RESULTS DRIVEN.**



**6347 PLYMOUTH AVE.
ST. LOUIS, MO 63133
WWW.FWCA-STL.COM
314-377-0445 (MAIN OFFICE)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 HAPPY 4th of July FWCA Closed
6	7 FWCA Kareer Kloset Open (Rm 126) 10:00a-12:00p	8	9 Forklift Class Day 1 8:30a-2:00p	10 Forklift Class Day 2 8:30a-2:00p
13	14 Wash U MA Apprenticeship 10:00a-11:00a FWCA Kareer Kloset Open (Rm 126) 10:00a-12:00p	15	16	17 Lambert International Airport Job Fair 10:00a-12:00p
20	21 American Heartland Packing 10:00a-12:00p FWCA Kareer Kloset Open (Rm 126) 10:00a-12:00p	22	23 Forklift Class Day 1 8:30a-2:00p	24 Forklift Class Day 2 8:30a-2:00p
27	28 Wash U MA Apprenticeship 10:00a-11:00a FWCA Kareer Kloset Open (Rm 126) 10:00a-12:00p	29	30	31

To register for **FREE** classes, please call 314-377-0445 to sign up.
Walk-In's are WELCOME

Missouri Office of Workforce Development is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Missouri Relay Services are available at 711. This workforce program was 100% funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration (USDOL-ETA). This flyer was created by Family and Workforce Centers of America and does not necessarily reflect the official position of the USDOL-ETA. Any opinions and findings, and conclusion or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the USDOL-ETA or the Missouri Office of Workforce Development. All services offered are available to all eligible persons, regardless of race, color, national origin, age, disability, religion, or sex.



ST. LOUIS LAMBERT
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ST. LOUIS

RECRUITMENT OPPORTUNITY

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★
CONNECTING TALENT.
BUILDING OUR COMMUNITY.

HOSTED BY:



FAMILY AND
WORKFORCE
CENTERS
OF AMERICA



Friday, July 17, 2026



10:00 AM – 12:00 PM



MET CENTER

6347 Plymouth Avenue
St. Louis, MO 63133



**GREAT CAREERS.
STRONGER COMMUNITIES.**

Join the St. Louis Airport Authority team and help keep our airport and our community moving forward.



Full-time positions with
competitive pay and
excellent benefits.



SCAN HERE
TO VIEW CURRENT
JOB OPENINGS!

WE LOOK FORWARD TO MEETING YOU!

For a full list of current opportunities, visit www.flystl.com/careers



The St. Louis Airport Authority is hiring for a variety of positions at St. Louis Lambert International Airport. Join our team and be a part of keeping St. Louis connected and moving forward!

★ FEATURED POSITIONS ★

- ✈ Airport Police Officer
- ✈ Fleet Maintenance Technician
- ✈ Administrative Assistant
- ✈ Electrician
- ✈ HVAC Technician
- ✈ Facilities Maintenance Worker
- ✈ Airfield Maintenance Worker
- ✈ Utility Worker
- ✈ Airfield Operations Specialist
- ✈ Stationary Engineer
- ✈ Trades Helper

**AMERICA'S
HEARTLAND
PACKING**



HIRING EVENT

**The MET Center
6347 Plymouth Ave.
St. Louis, MO 63133**

Tuesday, July 21, 2026

 **10:00am-12:00pm**

**Hiring for:
General Production, Quality Assurance,
Maintenance, & many more!**



Apply Now

WORKAHP.COM

Missouri Office of Workforce Development is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Missouri Relay Services are available at 711. This workforce program was 100% funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration (USDOL-ETA). This flyer was created by Family and Workforce Centers of America and does not necessarily reflect the official position of the USDOL-ETA. Any opinions and findings, and conclusion or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the USDOL-ETA or the Missouri Office of Workforce Development. All services offered are available to all eligible persons, regardless of race, color, national origin, age, disability, religion, or sex.



NOW ENROLLING

OPENINGS FOR AGES 6 WKS TO 5 YRS

EECDA has implemented a comprehensive approach to our student's health, nutrition, growth & development.

We emphasize parental engagement with a focus on activities that are structured toward the betterment of our children.



Documentation Needed for Enrollment:

- Current Medical Exam* ☒
- updated Immunization Records ☒
- Copy of a Birth Certificate and ID ☒



ENROLL NOW

EARLY EXPLORERS CHILD DEVELOPMENT ACADEMY

1232 Robert L. Powell Place
St. Louis, MO 63133
314-726-3000

*Medical Examination Report (Physical or Well Baby must be signed by Doctor)

FAMILY AND WORKFORCE
CENTERS OF AMERICA

CAREER INSTITUTE'S LAB TECH TRAINING PROGRAM

ABOUT US

FWCA's Lab Tech Training Program is a Missouri DHE & WD Certified 12-week comprehensive training and career program with curriculum that prepares entry-level workforce for careers in STEM. During training, participants work closely with employers from each industry mixing both critical training and professional development components in the classroom.

Our technical, academic and experiential training helps ensure the professional development of each student and the employer need for growth in the industry!



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OUR PARTNERS

Pfizer, Inc./KWS

Bayer (Formerly Monsanto)

Microbe Inotech

Mallinckrodt, PerkinElmer

Washington University-School of Medical

ITE-University of Missouri-STL

Thermo Fischer Scientific (Formerly Patheon)

State of Missouri/St. Louis County/City WIBs

St. Louis Economic Development Partnership

St. Louis Community College

Annie E. Casey Foundation W. K.

Kellogg's Foundation Funded, in part by US-SBA

through BioSTL Contract

Cortex, CET, Danforth Plant Science Center

Kelly Services, Aerotek,

G-Biosciences

OUR PROGRAM

PROGRAM REQUIREMENTS

High School Diploma or High-Set

10-Points on TABE

Drug & Felony Background Free

Cost: \$4,980 (includes tuition, fee & materials)

Length of Class: 12-Weeks Class times: 9:00 AM to 3:30 PM

Next Class Starts: TBD

LEADING INDUSTRY INNOVATORS

Potential Workplaces or Industries

Pharmaceutical companies

Biotechnology industries

Medical Device/Chemical Manufacturers

Hospitals/Med Schools, R&D

Facilities, Etc.

Visit or Contact Us At

The Metropolitan Education and Training (MET) Center
Plymouth Ave. St. Louis, MO 63133

www.fwca-stl.com • Phone: 314-746-0772 • Email: vsheriff@fwca-stl.com



STAY INVOLVED!
FOLLOW US @FWCA_STL

A NATIONAL SAFETY COUNCIL APPROVED
LIFT TRUCK CERTIFICATION

FORKLIFT TRAINING PROGRAM

FWCA's Career Institute 2-Day Certification Program includes:

Introduction to Lift Trucks
How Lift Trucks Work
Proper Load Handling
Safe Driving Skills
Refueling & Battery Recharging
Inspection / Maintenance & More!

NEW CLASS EVERY
TWO WEEKS!

3-YEAR
NATIONWIDE
CERTIFICATION

ONLY \$300!



FWCA CAREER INSTITUTE
6347 PLYMOUTH AVE. ST. LOUIS, MO 63133
TEL: 314-377-0445 | EMAIL: VSHERIFF@FWCA-STL.COM



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FAMILY & WORKFORCE CENTERS OF AMERICA IS ACCREDITED BY THE INTERNATIONAL ACCREDITORS FOR CONTINUING EDUCATION AND TRAINING (IACET) AND OFFERS IACET CEUS FOR ITS LEARNING EVENTS THAT COMPLY WITH THE ANSI/IACET CONTINUING EDUCATION AND TRAINING STANDARD. IACET IS RECOGNIZED INTERNATIONALLY AS A STANDARD DEVELOPMENT ORGANIZATION AND ACCREDITING BODY THAT PROMOTES QUALITY OF CONTINUING EDUCATION AND TRAINING.

FWCA CAREER INSTITUTE'S FORKLIFT CERTIFICATION PROGRAM 2026 TRAINING SCHEDULE

JANUARY THURSDAY & FRIDAY 8-9TH 22-23RD 8:30A-2P	FEBRUARY THURSDAY & FRIDAY 5-6TH 19-20TH 8:30A-2P	MARCH THURSDAY & FRIDAY 5-6TH 19-20TH 8:30A-2P
APRIL THURSDAY & FRIDAY 2-3RD 16-17TH APR 30TH-MAY 1 8:30A-2P	MAY THURSDAY & FRIDAY 14-15TH 28-29TH 8:30A-2P	JUNE THURSDAY & FRIDAY 11-12TH 25-26TH 8:30A-2P
JULY THURSDAY & FRIDAY 9-10TH 23-24TH 8:30A-2P	AUGUST THURSDAY & FRIDAY 6-7TH 20-21ST 8:30A-2P	SEPTEMBER THURSDAY & FRIDAY 3-4TH 17-18TH 8:30A-2P
OCTOBER THURSDAY & FRIDAY 1-2ND 15-16TH 29-30TH 8:30A-2P	NOVEMBER THURSDAY & FRIDAY 5-6TH 19-20TH 8:30A-2P	DECEMBER THURSDAY & FRIDAY 3-4TH 17-18TH 8:30A-2P



TOTAL COST: \$300 (PAYABLE TO FWCA)
TRAINING LOCATION: MET CENTER (6347 PLYMOUTH AVE., ST. LOUIS MO 63133)
CONTACT: VAMADU SHERIFF, 314-377-0445, VSHERIFF@FWCA-STL.COM





FAMILY & WORKFORCE
CENTERS OF AMERICA

DISASTER RECOVERY JOBS PROGRAM

Looking to gain hands-on experience
while helping your community
recover?

The Disaster Recovery Jobs Program
(DRJP) offers PAID positions to long-
term unemployed, dislocated workers,
and disaster-affected individuals.



- ✓ Assist with debris cleanup and public infrastructure repair
- ✓ Assist with community restoration
- ✓ Receive safety training

UP TO
2,080
HOURS

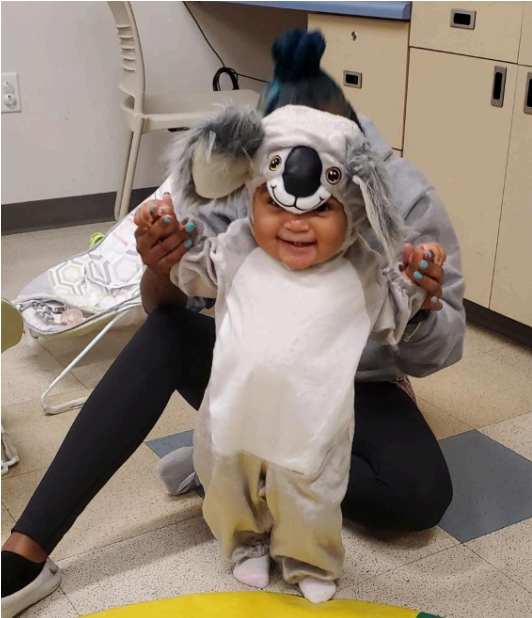
INTERESTED?

☎ 314-377-0445

🌐 www.fwca-stl.com



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“When supportive, educational, and employment opportunities are effectively accessed, individuals, families, and communities thrive.”

Carolyn Seward, Founder of Family and Workforce Centers of America