



Job Skills Training

Computer Training Course

This hands-on course develops basic to advanced computer skills, and develops an understanding of the required coordinating, managing and the appropriate handling of customer accounts.

Curriculum: customer service, vocational ESL, introduction to computers, Microsoft Excel/Word, filing, keyboarding, internet, data entry, phone etiquette



Positive Results.

Since 1999, PSTC has provided career training and employment services to over 4,000 refugees, immigrants, and low-income individuals living in King and Pierce County. Bilingual case management, career coaching, job search, job placement retention and support services are provided at no cost to participants through our adult employment and training programs: **Basic Food Employment and Training (BFET), Resources to Initiate Successful Employment (RISE), LEP Pathways, L & I Worker Retraining Services and DVR Job Service program.**

OSHA Compliant Forklift Training Certification Course

This OSHA-compliant course teaches students forklift driving skills and safety training to become a certified forklift operator. A three-year OSHA certification card is received upon graduation.

Curriculum: OSHA regulations, vocational ESL, forklift safety, pre-shift inspection, main parts of a forklift, fuel sources and handling, practical hands-on training

Adult & Pediatric First Aid/CPR & AED Training

Our Red Cross training will guide you through hands-on practice of lifesaving skills. Successful students will receive a certificate of Adult and Pediatric First Aid/CPR/AED valid for two years.



**American
Red Cross**



Warehouse Training Course

This hands-on course teaches individuals the general knowledge of shipping & receiving, merchandise, and identifying and preparing orders for shipment in the Warehouse and Distribution Industry.

Curriculum: warehouse safety, vocational ESL, warehouse terminology and tools, picking and packing orders, warehouse math and measurements, sorting products, inventory control and stocking product, shipping and receiving & pallet jack operation.

Electric Pallet Jack Training & Certification class

This hands-on course is part of the curriculum of the warehouse training. It teaches students how to safely operate this industrial equipment and how to properly pick, maneuver and handle loads.



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Helping people turn success into reality

Bilingual Services

With bilingual staff on-site, PSTC provides culturally-sensitive services in English, Spanish and Somali to limited English and low-income individuals living in King County.

Limited English Proficiency Program

Bilingual case managers help refugees with adult employment and education services. Services include one-on-one job coaching and case management, enrollment into ESL or training programs, resume building, support services and wage progression assistance to participants

Basic Food Employment & Training (BFET)

PSTC staff works closely with each participant receiving federal food benefits with job training and individualized job placement assistance. Case managers work in partnerships with other BFET providers, such as colleges, to enhance each client's employability and success with long-term self-sufficiency.

Resource to Initiate Successful Employment (RISE)

Participants receive long-term comprehensive case management, work-based learning opportunities, such as paid internships, support services (transportation, child care, car repairs) and strategies for success training.

DVR/Community Rehabilitation Program (CRP)

PSTC is an approved CRP (Community Rehabilitation Program) provider. As a CRP, PSTC provides the following services to DVR clients: community based assessment, trial work experience, skills training, job placement and retention services.

Partnerships

PSTC partners assist us with funding, resources, outreach, advocacy, job placement and/or support services.

- Food Services of America
- Sysco Seattle
- City of Renton, Federal Way, Kent & Tukwila
- Refugee Forum of King County
- American Red Cross
- Renton Technical College
- Safeway Stores
- FedEx Ground
- Washington State Department of Social and Health Services (DSHS)
- Multi-Service Center
- Washington State Department of Vocational Rehabilitation (DVR)
- L&I Service Providers
- Centro Rendu



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Career Training and Employment Services

The mission of PSTC is to provide training and employment services to low income families and individuals with limited skills, education and English comprehension; and who are unemployed or under-employed in the Puget Sound region.