

# FREE JOB TRAINING for Restaurant Workers

The Restaurant Opportunities Center Bay Area (ROC-the Bay), a local worker advocacy and training organization, is providing a series of **FREE front-of-house fine-dining & hospitality** training courses, including: *Service 101 & 201 and Bartending 101 & 201.*

Classes provide skills to workers to move up the industry ladder into serving and bartending positions within upscale restaurants.

*Fast food & casual dining service workers are encouraged to register!*



## **Skills and Lessons Included in CHOW:**

- Learning & executing quality table service
- Understanding technical service & dining terminology
- Basic & Advanced wine, beer & cocktail lessons
- Know Your Rights Training
- Resume & interviewing guidance followed by direct connections with restaurant owners
- ServSafe Food Handlers certification



## **Schedule of Upcoming Classes**

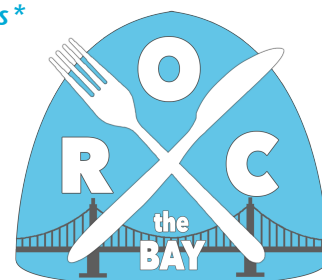
<b><u>Bartending 101</u></b> <i>Oakland</i>	<b><u>Service 101</u></b> <i>Oakland</i>	<b><u>Service 201</u></b> <i>San Francisco</i>
<b>Every Monday</b> <b>10am-2pm</b> <i>Plum Bar</i> <i>2216 Broadway</i>	<b>Every Tuesday</b> <b>11am-2pm</b> <i>ROC the Bay</i> <i>900 Alice st. #300</i>	<b>Every Wednesday</b> <b>11am-2pm</b> <i>Alfred's</i> <i>659 Merchant St.</i>
<b>Oct 2 - Nov 13</b>	<b>Oct 3 - Nov 14</b>	<b>Oct 4 - Nov 15</b>

*\*Advanced Bartending courses also available, contact for details\**

**For more information  
or to pre-register  
please email, call or  
text Sophia Miyoshi:**

**[sophia.m@rocunited.org](mailto:sophia.m@rocunited.org)**  
**510-761-7622**  
900 Alice Street, Suite 300 -  
Oakland, CA

**[rocunited.org/roc-bay](http://rocunited.org/roc-bay) \* [facebook.com/ROCbayarea](https://facebook.com/ROCbayarea)**



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*\*Contact for details on Advanced Bartending 201\**

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To pre-register  
please contact  
Sophia Miyoshi:

[sophia.m@rocunited.org](mailto:sophia.m@rocunited.org)  
**510-761-7622**  
900 Alice Street, Suite 300 - Oakland, CA



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