

TAKE CHARGE

Fall 2010

A life skills and support group for women who have been involved with the corrections system, and others making a life transition

TAKE CHARGE meets on **Thursday morning** from 9:30 to 11:15 at Calvin CR Church, 700 Ethel SE

TAKE CHARGE is a free program that offers transportation & childcare (call at least 2 days ahead).

To join the group at any time, call Sarah Rhein at 454-4925 X14.



TAKE CHARGE is a program offered by Criminal Justice Chaplaincy, an agency that restores people whose lives are affected by crime.

Criminal Justice Chaplaincy offers this program to give each woman the skills, knowledge, and support she needs to **TAKE CHARGE** of her life, emerging healthy, confident and strong.

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| Sept 2 | Forecast: You Can Conquer the Storm <ul style="list-style-type: none">• <i>Darlene Lee, Life Coach</i> |
| Sept 9 | It's Okay To Be In Recovery <ul style="list-style-type: none">• <i>Clyde Sims</i>
<i>Touchstone Innovare Streetreach</i> |
| Sept 16 | Family Wellness <ul style="list-style-type: none">• <i>Fonda Kingsley</i>
<i>Pine Rest Christian Mental Health Services</i> |
| Sept 23 | Finding Your Personal Passion & Purpose <ul style="list-style-type: none">• <i>Alex Ritsema, Motivational Humorist</i> |
| Sept 30 | Domestic Violence <ul style="list-style-type: none">• <i>Konah Kolleh</i>
<i>Safe Haven Ramoth House</i> |
| Oct 7 | Building Self-Esteem <ul style="list-style-type: none">• <i>Nicole Ware-Spencer</i>
<i>Pine Rest Christian Mental Health Services</i> |
| Oct 14 | Creating Vision <ul style="list-style-type: none">• <i>Connie Simcox, Artist</i> |
| Oct 21 | Personal Finance Basics <ul style="list-style-type: none">• <i>Tim Bozung</i>
<i>Pine Rest Christian Mental Health Services</i> |
| Oct 28 | To Be Announced |
| Nov 4 | Preparing For Job Search Success – Part I <ul style="list-style-type: none">• <i>Steve Bramble, Director of Business Development</i> |
| Nov 11 | Preparing For Job Search Success – Part II <ul style="list-style-type: none">• <i>Steve Bramble, Director of Business Development</i> |
| Nov 18 | The Power of Health Is In Your Hands <ul style="list-style-type: none">• <i>Ardreen Adair, Spectrum Healthier Communities</i> |