

# TAKE CHARGE

## Winter 2012

*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

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

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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.

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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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| Jan 5  | <u>The Lies That Bind – The Impact on My Children – Removal and Reunification</u> <ul style="list-style-type: none"><li>• <i>Anneshia Freeman &amp; panelists</i><br/><i>Arbor Circle Corporation</i></li></ul> |
| Jan 12 | <u>Finding Freedom</u> <ul style="list-style-type: none"><li>• <i>Devetta Clayton</i><br/><i>Arbor Circle Recovery Coach</i></li></ul>  |
| Jan 19 | <u>Dare To Dream</u> <ul style="list-style-type: none"><li>• <i>Janathan Austin, Ministry of Diamonds</i></li></ul>   |
| Jan 26 | <u>Importance of Change</u> <ul style="list-style-type: none"><li>• <i>Dr. Damon Arnold</i><br/><i>GVSU Laker Academic Success Center</i></li></ul>   |
| Feb 2  | <u>Boundaries in Relationships</u> <ul style="list-style-type: none"><li>• <i>Kathy Laarman</i><br/><i>Pine Rest Christian Mental Health Services</i></li></ul>   |
| Feb 9  | <u>Creating a Meaningful Life: Achieving Mental Wellness &amp; Staying Well</u> <ul style="list-style-type: none"><li>• <i>Mike Roaleen, Recovery Academy</i></li></ul>   |
| Feb 16 | <u>Parenting With Love and Logic</u> <ul style="list-style-type: none"><li>• <i>Pastor Arlan Palmer and Pat Pruiksma</i><br/><i>Wedgwood Christian Services</i></li></ul>                                       |
| Feb 23 | <u>The Confident Woman</u> <ul style="list-style-type: none"><li>• <i>Valerie Young</i><br/><i>Pine Rest Christian Mental Health Services</i></li></ul>   |
| Mar 1  | <u>Building Self-Esteem</u> <ul style="list-style-type: none"><li>• <i>Nicole Ware-Spencer</i><br/><i>Pine Rest Christian Mental Health Services</i></li></ul>  |
| Mar 8  | <u>Managing My Anger</u> <ul style="list-style-type: none"><li>• <i>Mary Clark, therapist &amp; author</i></li></ul>  |
| Mar 15 | <u>Godly Love vs. Toxic Love</u> <ul style="list-style-type: none"><li>• <i>Kim Stapert, Living Water Ministries</i></li></ul>  |
| Mar 22 | <u>Conquering Depression</u> <ul style="list-style-type: none"><li>• <i>Mary Clark, therapist &amp; author</i></li></ul>  |