

## **Moving Forward for Women**

***September through June***

*Tues. 9:00 to 10:00 am*

Do you want to share your accomplishments with others? Are you trying to build your resources and improve your life circumstances? Are you stressed and looking for a place to share your thoughts? Women participate in this peer support group to discuss all of the above. Learn from each other as you look at where you are going, where you have been and what to do next on your path to self-sufficiency and success.

## **Moving Forward for Men**

***September through June***

*Mon. 1:30 to 2:30 pm*

Similar to Moving Forward for Women, this group seeks to provide peer support to men. Participants are invited to learn from others as they look at where they are going, where they have been and what to do next on the path to self-sufficiency and success.

## **Circle**

***September through June***

*Thurs. 11:00 am to 12:00 pm*

This weekly time offers an opportunity to come together in a supportive environment to reflect, find renewal, and gain strength through sharing and receiving. Take this special time to feel part of a nurturing community and imagine new possibilities.

***For program information and registration, please contact:***

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Education & Transition Programs

## **Programs and Classes Fall 2017**

Our programs and classes help adults gain skills, tools, and confidence to move forward with their lives



[mercyconnections.org](http://mercyconnections.org)



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## Listing of Programs Fall 2017

### **Developing Self (5 weeks)**

**September 11 to October 11**

*Mon./Wed. 10:00 am to 12:00 pm*

**November 15 to December 20**

*Mon./Wed. 2:00 pm to 4:00 pm*

This class offers a great first step on a new journey to overcome life's challenges. By taking time to reflect upon and reframe experiences, you can reconnect with your core strengths, values, and experience a new sense of belonging.

### **Kindling Connections (7 weeks)**

**October 23 to December 13**

*Mon./Wed. 9:30 am to 12:00 pm*

Kindling Connections is a natural follow-up to Developing Self. In this class you are invited to take a deep look at yourself and use your strengths and insights to gain a renewed sense of self. You will have the opportunity to put together a personal portfolio, participate in a book group and exercises led by supportive teachers. Experience the energy and focus you need to make positive changes in your life.

### **Getting Ahead in a Just Gettin'**

**By World ©AHA! (10 Weeks)**

**September 6 to November 8**

*Mon./Wed. 2:00 to 4:00 pm*

This class offers tools and supports to help build knowledge and resources. Through personal discussions and strategizing plans for achieving greater self-sufficiency, you can move ahead with your plans to create a more stable and secure life.

### **Vermont Community**

**Leadership Training (15 Weeks)**

**Starts in January 2018- Dates TBD**

Want to make a difference in your community? This program will provide you with leadership skills to help make change in your community. This one-of-a-kind leadership and civic experience combines exciting community-based projects with leadership and self-awareness activities for all abilities. As you participate, you will gain confidence and find your voice about the issues affecting you and your family.

### **Computer Tutorials**

**September through June**

*Mon. 2:00 to 4:00 pm*

Learn basic computer skills, such as how to create documents, use the Internet, check your email, etc.; or refresh your skills.

*Alan's Computer Room is also available for participant use when tutorials are not in session.*

### **Tutoring**

**September through June**

*Tues./Thurs. 8:30 am to 12:00 pm*

Adults work with tutors in small groups to improve reading, writing, math, English conversation, and basic computer skills. Learning needs are assessed to provide individualized support to diverse learning needs and English Language Learners.

### **American Citizenship**

**Preparation Class**

**September through June**

*Tues. 1:00 to 3:00 pm*

This entry-level class is designed to introduce English language skills, American history, and civics to New Americans preparing to apply for U.S. Citizenship. U.S. Citizenship Test questions practice is part of each lesson.

### **Book and Writing Class**

**September through June**

*Thurs. 1:30 to 3:30 pm*

Experience the pleasure of reading and writing in a supportive community. This ongoing literacy program is affiliated with Vermont Reads, a statewide community reading opportunity with the Vermont Humanities Council. Participants will read additional selections of poetry, fiction and non-fiction and engage in group discussion and writing practices.