

## Moving Forward for Women

Do you want to share your accomplishments with others? Are you trying to build your resources and improve your life circumstances? Are you stressed out and looking for a place to share? 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

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

## Circle

This weekly time offers people 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:***

**Cathy Ainsworth**, Director,  
Education & Transition Programs  
cainsworth@mercyconnections.org  
(802) 846-7162

**Heather Gilbert**, Program Facilitator  
hgilbert@mercyconnections.org  
(802) 846-7294

**Melissa Lang**, Lead Teacher  
mlang@mercyconnections.org  
(802) 846-7084



Mercy Connections  
255 South Champlain Street  
Burlington, VT 05401  
(802) 846-7063  
[www.mercyconnections.org](http://www.mercyconnections.org)



## Programs and Classes

### Academic Year 2018-2019

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



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



Education & Transition Programs

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

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 and values, while finding a new sense of hope and belonging.

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

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 direction. You will have the opportunity to put together a personal portfolio, as well as 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)**

This class offers tools and supports to help build knowledge and resources. Through personal discussions and strategizing steps 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)**

Do you want to make a difference in your community? This program will provide you with leadership skills to help with this. Our 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, meet community leaders, and find your voice about the issues affecting you and your family.

### **Computer Tutorials**

Participants can refresh computer skills or learn basics like how to create documents, use the Internet, check email, and more.

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



### **Tutoring**

Adults work with tutors in small groups to improve reading, writing, math, English conversation, and basic computer skills. Each student's learning needs are assessed to provide individualized support for diverse learning goals and English speakers of other languages.

### **American Citizenship Preparation Class**

This class prepares students for the U.S. Citizenship Test by increasing their English language skills while they study United States history, government, and geography. In each class, we will also practice questions and answers from the U.S. Citizenship Test.

### **Book and Writing Class**

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 poetry, fiction and non-fiction, as well as engage in group discussion and writing practices.