

RISE "Building to Better"



In a safe, group-facilitated setting, combined with 1:1 coaching, our empowerment workshop, RISE, provides you with the knowledge, skills and resources to overcome the barriers you are experiencing and position yourself to heal.

TOPICS – MENTAL HEALTH; FINANCIAL LITERACY; CAREER COACHING; FAMILY BUILDING

WHEN – 12/9 – 2/3; 9 WEEK PROGRAM; THURSDAY NIGHTS 6:30 PM-8:00 PM



WHERE – HYBRID; VIRTUAL ZOOM AND IN-PERSON

To Register: Call us at 980-258-8491 or email your name, address and phone number to: info@rise2thrivefrc.org

Active participants are eligible to receive assistance with verifiable housing, utility, childcare, or career related expenses.

WEEKLY CONTENT:

<p>December 9th</p> <p>Individual Intake, Goal Setting and Coaching Session</p>	<p>December 16th</p>  <p>Introduction: Breaking Cycles; Trauma; and Overcoming Adversity</p>	<p>December 23rd</p>  <p>Mental Health: Breaking the Stigma of Mental Health; Self-Care Techniques</p>
<p>December 30th</p> <p>Individual Goal Review and Coaching Session</p>	<p>January 6th</p>  <p>Financial Literacy: Understanding Credit and Overcoming Money Mistakes</p>	<p>January 13th</p>  <p>Financial Literacy: Taking Control of Your Finances Through Planning and Budgeting</p>
<p>January 20th</p> <p>Individual Goal Review and Coaching Session</p>	<p>January 27th</p>  <p>Career Building: Resume Writing; Entrepreneurial/ Career Coaching</p>	<p>February 3rd</p>  <p>Family Building: Parental Connection, Emotional Availability, and Increasing Resilience in Children</p>