



WES FALL PROGRAMMING OPPORTUNITIES

WES is BACK and we are coming in READY TO EMPOWER! Not only the women we serve, but the volunteers and women involved in making this program a success.

How to 'Raise' a Grown-up: Joining the Call to Raise Yourself

WHO

YOU! Our upcoming events rely on **YOUR** help to make it successful. In addition to volunteer positions, we also have an exciting program that involves **YOU** as a participant!

WHAT

We have an opportunity for **YOU** to be a **PARTICIPANT!** Led by our own Erin Flood, we will have an online class called **"How to 'Raise' a Grown-up: Joining the Call to Raise Yourself"**. This 6 week journal-inspired class will focus on the power you hold over your own narrative. This is an **EXCLUSIVE** opportunity for **WES** women **AND** volunteers to be a part of! Come grow together and participate in this **WONDERFUL** event!

WHEN

Our online class will be held Tuesday nights, 6:00pm-7:30pm starting September 22nd, 2020 and will run for six weeks ending Tuesday, October 27th.

WHERE

Ready to join the online class? Fill out our questionnaire. (QR Code here) **TONIGHT** and a **ZOOM** link will be sent to you!

WHY

By involving yourself in this upcoming workshop, not only are you getting an amazing growth opportunity, but you are getting to know your **WES** sisters and showing our women that personal growth is important for **EVERYONE!**

Let's show these women we value growth in **ALL WOMEN**, including **OURSELVES!**

ADDITIONAL FALL CLASSES

Spots are limited and offered on a first come, first serve basis.

Mindfulness: A six week virtual class led by Karen Schuppe. This class will be offered to current participants and alumni.

Empowerment Exchange: With the success of our spring series we have decided to create a fall series! This four week virtual community series will offer new topics that are prevalent to current issues.

Kids Classes: Creative Arts classes that will be offered to children of our current women and alumni. Classes may include: music, acting, art, photography, creative writing and more.

Small Group: Topics based on participant survey responses. Classes will be offered to current women and alumni. Topics may include: Love and Logic Parenting, Financial, Resume Building, and more.