



Empowering teen mothers and their children to achieve independence through

education, ultimately changing their destiny by breaking the cycle of poverty and welfare.

## Workshop Schedule 2011 Every Wednesday 12-1pm

### January

- 5 Teen Mom Group: Open
- 12 Resume
- 19 Decision Making & Goal Setting
- 26 Raising Responsible Kids-Module 1

### February

- 2 Teen Mom Group: Grief Management #
- 9 Love & Logic Formula-Module 2 #
- 16 Family Planning & Sex Education \$
- 23 Teen Mom Group: Open

### March

- 2 Teen Mom Group: Depression @
- 9 Love & Logic: "C" Stands for Control That's Shared-Module 3
- 16 Nutrition
- 23 Love & Logic Formula-Module 2
- 30 Teen Mom Group: Anger Management

### April

- 6 Love & Logic: "O" is for Ownership of the Problem-Module 4
- 13 Body Image & Self Esteem
- 20 Love & Logic: "O" is for Opportunity for Thinking-Module 5
- 27 Career Planning I & II

### May

- 4 Teen Mom Group: Domestic Violence
- 11 Love & Logic: "L" stands for Let Empathy and Consequences Do the Teaching-Module 6
- 18 Career Planning III
- 25 Career Planning IV

### June

- 1 Teen Mom Group: Grief Management
- 8 Family Planning & Sex Education
- 15 Interviewing & Etiquette
- 22 Job Applications
- 29 Love & Logic: Let's Wrap It Up and Take It Home!-Module 7

### July

- 6 Teen Mom Group: Stress Management
- 13 Development Stages of Children
- 20 Personal Hygiene
- 27 Communication Skills

### August

- 3 Teen Mom Group: Healthy Relationships
- 10 Resume
- 17 Decision Making & Goal Setting
- 24 Raising Responsible Kids-Module 1
- 31 Teen Mom Group: Depression

### September

- 7 Love & Logic Formula-Module 2
- 14 Family Planning/Sex Education
- 21 Love & Logic: "C" Stands for Control That's Shared-Module 3
- 28 Teen Mom Group: Grief Management

### October

- 5 Love & Logic: "O" is for Ownership of the Problem-Module 4
- 12 Nutrition
- 19 Love & Logic: "O" is for Opportunity for Thinking-Module 5
- 26 Teen Mom Group: Anger Management

### November

- 2 Love & Logic: "L" stands for Let Empathy and Consequences Do the Teaching-Module 6
- 9 Body Image & Self Esteem
- 16 Love & Logic: Let's Wrap It Up and Take It Home!-Module 7
- 23 Career Planning I
- 30 Teen Mom Group: Domestic Violence

### December

- 7 Career Planning II
- 14 Career Planning III
- 21 Career Planning IV

# - Postponed due to weather  
\$ - Postponed due to turnout  
@ - Postponed due to moving