Our Women’s Wellness program, **SHIFT**, is a new concept specifically designed to support our participants as they begin to grow in new areas of their lives. We recognize that sharing hope, inspiration, forgiveness and trust ("Shift") provides a new way in allowing recovery to take hold. We also recognize that providing social interactions to build and bring out inner qualities and gifts, within the women, will also produce a "shift" in perspectives and behaviors.

**SHIFT** (Sharing Hope Inspiration Forgiveness & Trust) is an opportunity to engage our women beyond housing. Our goal is to raise their awareness of self-worth and to present opportunities for spiritual-physical-mental healing; to heal the whole woman – one workshop at a time.

We do this by engaging business entrepreneurs, business professionals, artists, and individuals to facilitate hands-on workshops. These workshops enable the women to dream, to be inspired, and to know that others care. By proving holistic opportunities that engage the whole self - spirit-soul-body, we go beyond housing to ensure that they become well rounded citizens. **SHIFT** provides LTC clients an opportunity to get to know who they are intimately and socially.

**SHIFT - (Sharing Hope, Inspiration, Forgiveness & Trust)**

The **Second** Friday of the Month

Standard Time of Starting: 6:00 PM / Normally Ends: 7:45 PM
SUGGESTED: Workshop/Presentation Opportunities

Hair & Skin Care
- Cleaning your skin / hair
- Learning to use the proper moisturizers for your particular facial structure
- Manicures and Pedicure Maintenance

Hygiene
- Body Care
- Feminine Hygiene
- Oral Hygiene

Professional Dress
- Dressing for success as well as dressing for everyday affairs
- Fashions Shows / Dress for your body size/type
- Field Trips - Clothing Stores
- Treat Your Feet - learn to wear the proper shoes for your foot size

Cooking Your Way to Health
- Supermarket Trips
- Plan Meals
- Prepare Financial Plans
- Kitchen Clean Ups

Other Opportunities
- Spiritual Gifts Assessment
- Finding your Passion/Talent
- Prosperity Sessions / Treasure Mapping
- Living Wealthy with What You Have
- Set Goals for Entrepreneurship

- Mentoring
- Maintaining Your Funds
- Financial Health/Banking
- Maryland Cash Program
- Cultivating your Creativity

Please indicate the workshop that you would be willing to facilitate – print this form and fax to 866-910-5074 or save and email to: info@lightoftruthcenter.org. Upon receipt we’ll get you on the calendar.

Do you have a workshop that you would like to facilitate that is not listed above? If so, please let us know.

I would like to present:

Contact - Constance Mann-Leonard at cman-leonard@lightoftruthcenter.org or info@lightoftruthcenter.org