



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

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 **s**haring **h**ope, **i**nspiration, **f**orgiveness and **t**rust ("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 providing 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



**Innovative Behavioral Health System**

3308 Kyle Court \* Baltimore, MD \* 21244 / Ph: 443-393-2109 / Fax: 866-910-5074 /Email: [info@lightoftruthcenter.org](mailto:info@lightoftruthcenter.org)/[www.lightoftruthcenter.org](http://www.lightoftruthcenter.org)

**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**

- |   |  |
|---|--|
| <input type="checkbox"/> Spiritual Gifts Assessment             | <input type="checkbox"/> Mentoring                   |
| <input type="checkbox"/> Finding your Passion/Talent            | <input type="checkbox"/> Maintaining Your Funds      |
| <input type="checkbox"/> Prosperity Sessions / Treasure Mapping | <input type="checkbox"/> Financial Health/Banking    |
| <input type="checkbox"/> Living Wealthy with What You Have      | <input type="checkbox"/> Maryland Cash Program       |
| <input type="checkbox"/> Set Goals for Entrepreneurship         | <input type="checkbox"/> 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](mailto: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 [eman-leonard@lightoftruthcenter.org](mailto:eman-leonard@lightoftruthcenter.org) or [info@lightoftruthcenter.org](mailto:info@lightoftruthcenter.org)