



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/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. 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 cmann-leonard@lightoftruthcenter.org or info@lightoftrithcenter.org