

Discovering oneself is like finding a wonderful surprise. We invite you to find this surprise for yourself.

During our sessions, we answer questions such as:

What do I value most in my life?

How would I inventory my life?

What are my treasures?

How can I improve my self-esteem?

What do I think about myself?

We will also discuss topics such as:

Forgiveness

My achievements

My feelings and emotions

My hopes and dreams

Changing "I can't" to "I don't want to"

www.LearnToParent.org



CALL FOR CLASS DATES & TIMES

Founded in 1983 by Houston area chapters of the National Exchange Club, ESCAPE is a 501 (c) 3 nonprofit, privately supported agency dedicated to preventing child abuse and neglect in the Greater Houston area.

ESCAPE provides families with the vital skills to help their children flourish emotionally and physically.



FOUNDED BY
THE NATIONAL EXCHANGE CLUB

ESCAPE Family Resource Center

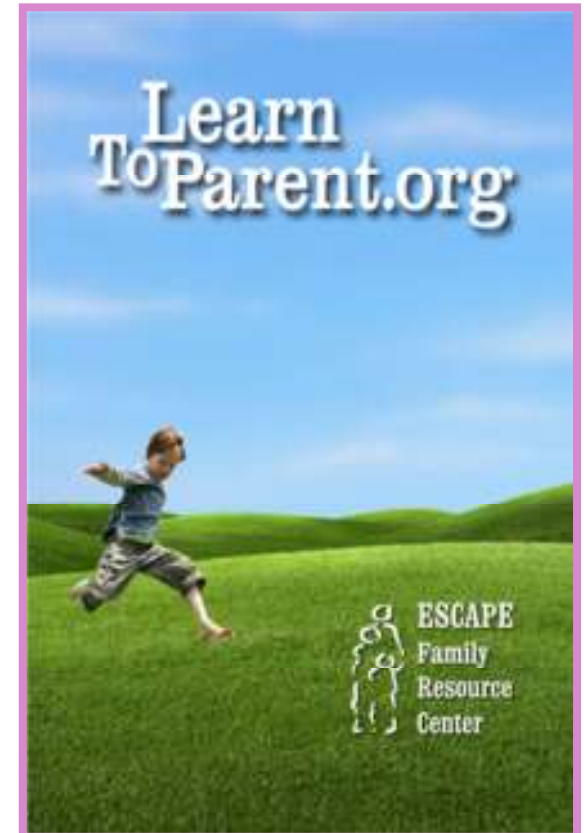
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**EMPOWERED
FOR
MOTHERHOOD**

Self-growth is like a life-long journey, guiding you to discover your fundamental truth. The most important relationship that you will ever have is with yourself.

An Empowered Woman...

- Knows what she needs
- Knows what she wants
- Values life
- Finds answers inside of herself
- Is not afraid of making mistakes
- Notices opportunities to learn
- Accepts herself
- Has a great appreciation of who she is
- Understands that it is part of a process of being free in one's thoughts and emotions



"Since my mom has been going to classes at ESCAPE, she seems happier than before."

— José

**Learn
ToParent.org**

EMPOWERED FOR MOTHERHOOD

PROGRAM OVERVIEW

Session 1

- Discovering Myself - My personal rights

Session 2

- Self-Esteem Increasing my self-esteem

Session 3

- Behaviors, Feelings, and Thoughts
Positive and negative behaviors.
Where do feelings come from?

Session 4

- Relationships Healthy and unhealthy relationships

Session 5

- Communication, Part I "You statements" and "I statements"

Session 6

- Communication, Part II How to say "NO"

Session 7

- Managing Conflict Types of conflict.
My family's dreams and goals.

**EMPOWERED FOR MOTHERHOOD
WILL GIVE YOU THE TOOLS YOU
NEED TO:**

- Discover, embrace, and encourage the power inside yourself. Honor yourself.
- Increase your self-esteem and security.
- Achieve the changes you desire.
- Manage your boundaries.
- Be the hero of your own future.



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