

**Discovering oneself is like
finding a wonderful surprise.**

**We invite you to find this
surprise for yourself.**

**During our sessions, we will cover
topics such as the following:**

- What do I value most in my life?
- Doing an inventory of my life
- What are my treasures?
- Increasing my self-esteem
- What do I think about myself?
- Forgiveness
- The things I like best about me
- My achievements
- My feelings and emotions
- My hopes and dreams
- Changing "I can't" to "I don't want to"

For more information,
please call 713-942-9500
or visit us online at
www.learntoparent.org

Founded in 1983 by area chapters of the National Exchange Club, ESCAPE Family Resource Center is privately supported through contributions from corporations, foundations, individuals, special events and Exchange Clubs.



3210 Eastside
Houston, TX 77098
713-942-9500

**Learn
ToParent.org**



*Empowered for
Motherhood*

**This is a program designed to
offer you a great variety of
opportunities for personal
exploration and growth.**

**This program aims to support
you in your personal journey
towards a more productive,
fulfilling life.**

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.

A woman in the process of self-growth...

- 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

Empowered for Motherhood contents

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

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.



**ESCAPE Family
Resource Center can
help your family!**

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