

WE CAN Highlights of Programs & Services for Cape Women

WE CAN will host an information session from 5:30 - 7:00 PM on Tuesday, September 1, 2015 at the Harwich Community Center, with details on two different personal development programs, each led by a professional certified coach (PCC), to be offered in September and October to Cape women. Attendees at the information session on September 1 will have the first opportunity to sign up for either program. This information session will introduce participants to both workshop leaders and they will describe their workshop in detail. This will help participants decide which program is for them!

"From Surviving to Thriving" with Maggie French is a popular eight week program designed to bring your "self" out from behind what holds you back. It will be held in Harwich Port on Wednesday evenings from 6:00 - 8:00 PM starting on September 30. Is it time to focus on you, your dreams and your goals? This workshop will help on identifying obstacles and maximizing energy to achieve those goals!

"Design Your Life" with Kathy Robbins is a new eight week workshop to be held in Barnstable on Thursday evenings from 6:00 - 8:00 PM starting October 8. This program will teach a new way of thinking as well as how to reach your dreams. Are you ready to take life to a new level?

WE CAN offers **1:1 informational sessions** with knowledgeable volunteers in the areas of legal, financial and work support.

Call WE CAN to register at 508/430-8111