



Personal Development Info Session

From Surviving to Thriving

This eight week workshop with Certified Life Coach, Maggie French, will assist you to:

- Examine your values and remember your passions;
- Become more aware of what holds you back;
- Learn to focus on what is important to you and your family;
- Identify opportunities that are available to you;
- Develop a plan to achieve your goals.



Facilitator: Maggie French

From A Participant

"I learned to gather, focus, and reframe myself."

Where and When

Info Session at Harwich Community Center

Monday, April 4th, 5:30 - 6:30 PM

Series at WE CAN Conference Room

Begins Wednesday, April 13th, 6 - 8 PM

How to Join

Call WE CAN: **508.430.8111**

Or Email: info@wecancenter.org

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WE CAN - Women's Empowerment Through Cape Area Networking
Life Changing Services for Women

www.wecancenter.org

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