



## 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, 100 Oak Street

Wednesday, September 7th, 5:00 - 6:00 PM

Series at WE CAN Conference Room

Begins Wednesday, September 21st, 6 - 8 PM

#### How to Join

**Call WE CAN at 508-430-8111**

**Free, Confidential, Childcare Reimbursement Available**

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

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