



# Mercy Connections Spring Programs

## Inclusive Entrepreneurship Classes

### Intro to Small Business Series

**Date:** Thursdays, April 17 - June 05  
**Time:** 9:30 am - 11:30 am  
**Where:** Mercy Connections  
**Instructor:** Claire Wheeler  
**Description:** Participants can learn a variety of topics to support them in starting & operating a small business in Vermont,

Register once and attend all, or drop in to the topic that interests you.

#### Topics:

1. Designing a Business Model Using the Business Model Canvas
2. How to Register a Business
3. Intro to Marketing & Branding
4. How to Create Your Own Website
5. Intro to Business Finance & Bookkeeping
6. Paying Yourself & Business Taxes
7. Managing Risk for Your Business
8. Time Management for Business Owners

**How to Register:** Sign up online

**Registration Deadline:** April 11

### Small Business Launch Pad

**Date:** Tuesdays, April 08 - June 03  
**Time:** 10:00 am - 12:00 pm  
**Where:** Mercy Connections  
**Instructor:** Claire Wheeler  
**Description:** Participants looking to receive community and support as they start a new business can drop-in to find a supported, co-working space with others who are on a similar journey. Work alongside entrepreneurs to take action and get support on tasks to get a business up and running.

Inclusive Entrepreneurship staff will be on site to offer assistance.

**How to Register:** Schedule a chat with Claire before enrollment to survey needs and ensure fit. Call 802-846-7081 or email [cwheeler@mercyconnections.org](mailto:cwheeler@mercyconnections.org)

**Registration Deadline:** Ongoing

## 3-Day Workshop: Idea to Action

**Date:** Mondays, April 14, 21 and 28  
**Time:** 10:00 am - 12:00 pm  
**Where:** Mercy Connections  
**Instructor:** Claire Wheeler  
**Description:** This workshop is designed to introduce aspiring adult entrepreneurs to self-employment, and assist with creating a vision and plan for a path forward that includes business ownership.

Space is prioritized for new participants.

**How to Register:** Sign up online

**Registration Deadline:** April 11

## English Language Learning Classes

NEW

## 3-Day Workshop: Idea to Action for English Language Learners

**Date:** Mondays, April 14 - May 19  
**Time:** 1:00 pm - 2:30 pm  
**Where:** Mercy Connections  
**Instructors:** Claire Wheeler & Maxine McGowan  
**Description:** This workshop is designed to introduce aspiring adult entrepreneurs to self-employment, and assist with creating a vision and plan for a path forward that includes business ownership.

Space is prioritized for intermediate-to-advanced English language learners.

**How to Register:** Call Claire at 802-846-7081 or email [cwheeler@mercyconnections.org](mailto:cwheeler@mercyconnections.org)

**Registration Deadline:** April 11

## Business Owner Wellness Workshop Series (Online)

**Date:** Wednesdays, April 16 - May 28  
**Time:** 12:00 pm - 1:30 pm  
**Where:** Online  
**Instructor:** Claire Wheeler & Guests

**Description:** Business owners are invited to gather in community to brush up on essential tools, tricks, and skills for running a business.

### Topics Offered:

1. Cultivating Key Connections to Support Your Most Important Goals with Ashley L. Arnold, Certified Coach (April 16)
2. Dollars and Sense: Simple Concepts for Big Results with Sara Kermenski, Spring Hollow Financial (April 23)
3. Overcome Resistance & Manifest Your Goals with Marin Phoenix, Embodypreneur (April 30)
4. Designing Your Own Workday: Unconventional Productivity Models for Business Owners with Ruchi Nadkarni, Fringe Impact (May 07)
5. Healthy Social Media Habits for Maximized Productivity with Brittany Winfield, The Winfield Creative (May 14)
6. Embracing the Creative Mind in Your Business Practices with Jen Berger, At the Root (May 21)
7. Five Keys to Accelerate Sales with Facebook and Instagram Ads with Levada Thompson, J Scott Marketing (May 28)

**How to Register:** Sign up for each topic online

**Registration Deadline:** Ongoing

## English Through History: Movers, Shakers & Headline-Makers

**Date:** Tuesdays, April 8 - June 3  
**Time:** 3:30 - 5:00 pm  
**Where:** Mercy Connections  
**Instructor:** Melissa Lang  
**Description:** This class is for intermediate-level English language learning students who want to improve their reading, writing, listening and speaking skills in a fun way.

Each week, students will learn about a new person from U.S. history or from current events. Students will have the opportunity to read about individuals who have shaped the U.S., or who have had a significant impact on the country. Examples are figures in the Civil Rights Movement, technology, innovation and education, current political figures, and people who have influenced U.S. arts and entertainment.

**How to Register:** Contact Melissa Lang  
 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org)

## U.S. Citizenship Preparation Tutoring

**Date:** Mondays, April 07 - June 02  
**Time:** 1:00 pm - 2:30 pm  
**Where:** Mercy Connections  
**Coordinator:** Melissa Lang  
**Description:** Adult learners are matched with skilled tutors one-on-one to prepare for the U.S. Citizenship test and interview. Students will study United States history, government and geography.

Each session includes practice questions and answers from the U.S. Citizenship test and time to practice English language skills.

It is recommended to register for tutoring prior to submitting the N-400 application to USCIS. Students will learn about the N-400 application process and receive support to understand the language of the application.

**How to Register:** Contact Melissa Lang  
 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org)

## Personal Growth Programs

### Developing Self

**Date:** Mondays, April 07 - June 02  
**Time:** 10:00 am - 12:00 pm  
**Where:** Mercy Connections  
**Instructor:** Heather Gilbert  
**Description:** This course is a perfect introduction to Personal Growth programs at Mercy Connections. Begin the process of self discovery as you build on your life experiences and reframe the impact of those experiences on your future.

This program will include guided activities and aims to connect participants to inner strengths, increase their confidence and find a new sense of belonging and community.

**How to Register:** Register online or contact Heather at 802-846-7294

**Registration Deadline:** April 01

### Public Speaking: Concepts & Practice

**Date:** Wednesdays, April 02 - June 04  
**Time:** 1:00 pm - 3:00 pm  
**Where:** Mercy Connections  
**Instructor:** Heather Gilbert  
**Description:** Practice your public speaking skills in a safe and supportive setting among peers.

Participants will learn about basic concepts and tools to help address nerves, organize a talk and more. Participants will also be expected to prepare brief presentations and apply what they learn.

**How to Register:** Register online or contact Heather at 802-846-7294

**Registration Deadline:** April 01

## Pens & Pages

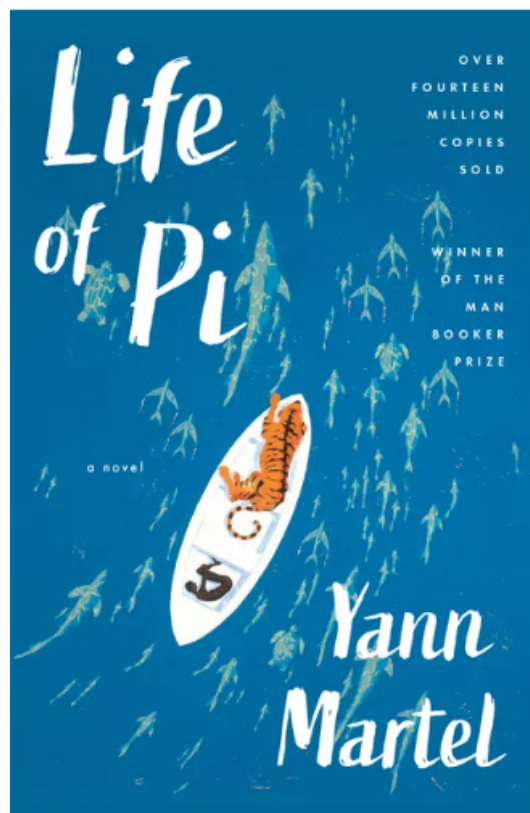
**Date:** Thursdays, April 10 - June 05  
**Time:** 1:30 pm - 4:00 pm  
**Where:** Mercy Connections  
**Instructors:** Melissa Lang & Peter Burns  
**Description:** This class is designed for native English readers, writers and speakers, as well as advanced-level English language learning students. Participants will read , *Life of Pi* by Yann Martel. *Life of Pi* is a fictional novel about a boy from India who survives a shipwreck and travels 227 days in the Pacific Ocean. He is accompanied by a Bengal tiger and other animals.

Students will read 25-35 pages per week for homework, and in-class discussions will include the role of spirituality in one's life, resilience, self-reliance and survival. The nature of reality and how stories are told and perceived will also be explored.

Each week, students will be expected to produce one piece of writing chosen from a list of prompts. In class, they will share their writings and provide feedback to peers with a goal of helping one another become stronger writers.

**How to Register:** Call 802-846-7084 or email Melissa Lang at [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org)

**Registration Deadline:** April 03



*Books will be provided free of charge for participants, thanks to the generosity of Vermont Humanities*