

Moving Forward for Women

This weekly planning group is designed for women to focus on setting and discussing life goals through a facilitated process that draws on each participant's unique experience and talents. Participants will create realistic life plans with action steps for their personal and professional futures.

Moving Forward for Men

Men interested in learning from each other and reflecting on their lives together, can participate in this facilitated group. Each week, participants will look at where they are going, where they have been and what to do as next steps toward self-sufficiency and success.

Circle

This weekly time offers you an opportunity to come together in a supportive environment to reflect, find renewal, and gain strength through sharing and receiving. Take this special time to feel part of a nurturing community and imagine new possibilities.

Computer Tutorials

Participants can refresh computer skills or learn basics like how to create documents, use the Internet, check email, and more.

Alan's Computer Room is also available for participant use when tutorials are not in session.

For program information and registration, please contact:

Cathy Ainsworth, Director,
Education & Transition Programs
cainsworth@mercyconnections.org
(802) 846-7162

Heather Gilbert, Program Coordinator
hgilbert@mercyconnections.org
(802) 846-7294

Melissa Lang, Program Coordinator
mlang@mercyconnections.org
(802) 846-7084



Mercury Connections
255 South Champlain Street
Burlington, VT 05401
(802) 846-7063

www.mercyconnections.org



Fall 2019 Offerings

Our programs and classes help adults gain skills, tools, and confidence to move forward with their lives



mercyconnections.org



Education & Transition Programs

Developing Self (5 weeks)

This class offers a great first step on a new journey to overcome life's challenges. By taking time to reflect upon and reframe experiences, you can reconnect with your core strengths and values, while finding a new sense of hope and belonging.

Kindling Connections (7 weeks)

Kindling Connections is a natural follow-up to Developing Self. In this class you are invited to take a deep look at yourself and use your strengths and insights to gain a renewed sense of direction. You will have the opportunity to put together a personal portfolio, as well as participate in a book group and exercises led by supportive teachers. Experience the energy and focus you need to make positive changes in your life.

Vermont Community Leadership Training (15 Weeks)

Do you want to make a difference in your community? This program will provide you with leadership skills to help with this. Our one-of-a-kind leadership and civic experience combines exciting community-based projects with leadership and self-awareness activities for all abilities. As you participate, you will gain confidence, meet community leaders, and find your voice about the issues affecting you and your family.

Empowered for Good

Let your life experiences make a positive impact on efforts toward community change! In this new program, people will learn about leadership qualities, share community resources, gain peer support for community projects and practice skills such as public speaking and time management.

Opening to Your Life

Come discover and honor your strengths and become in touch with those things that bring joy and balance to your life. Through a series of activities and reflections, you will focus on your authentic self and learn core life skills that promote self-development and positive connections.

Setting a Direction: visioning and utilizing insights for life change

In this one-day workshop, you will explore how your experiences, challenges and opportunities can move you in a direction of new possibilities. Creative activities will invite you to understand and claim your courage as you chart your life journey and practice skills that support life change.



Tutoring

Adults work with tutors one-on-one or in small groups to improve skills in reading, writing, math or learning the English language. English Language Learning (ELL) skills include conversation, pronunciation, grammar and vocabulary development. Each student's learning needs are assessed to provide an individualized plan of support.

American Citizenship Preparation Class

This class prepares people for the U.S. Citizenship Test. Students will study United States history, government, and geography. Each class includes practice questions and answers from the U.S. Citizenship Test and time to practice English Language Learning. Tutors provide small group instruction and can assist in the application process.

Pens & Pages: a book group and writing workshop

Adults in this group will share a love of reading and improve their writing fluency in a supportive community. Using books donated by the Vermont Humanities Council, students explore themes in fiction, non-fiction, and poetry. Discussions and writing exercises encourage creativity and provide opportunities for feedback.