

Registration begins August 26, 2020

Pre-registration forms can be emailed to you or you can fill one out on our website, www.mercyconnections.org. You can also pre-register at **Curbside Connected** on August 26 or September 2nd between 2 pm and 4 pm at 255 South Champlain Street, Burlington, VT. We will contact those who pre-register to discuss your interest in programs and to make next steps.

SELF-DEVELOPMENT CLASSES, GROUPS & WORKSHOPS:

September 14-October 7, **Developing Self**; Mondays & Wednesdays 10 am-11:30 am - On Zoom

This online class offers a great first step on a new journey to overcome life's challenges. You will learn to reflect on experiences, and re-frame their impact on your future. Participants will reconnect with core strengths and values, and gain a new sense of belonging.

October 12-November 4, **Kindling Connections**; Mondays & Wednesdays 10 am-11:30 am - On Zoom

Kindling Connections is a natural follow-up to Developing Self on your journey to make positive changes in your life. Participants gain insights on how to use their strengths and insights to gain a renewed sense of energy and focus on life goals.

November 9-November 30, **Inspire Your Life**; Mondays 6 pm-8 pm - On Zoom

Discover your inspiration and create a motivating vision of your life in this online class. Through group discussions and honest reflection, we will explore how creativity can revive and renew your personal life goals. Learn how to use these goals as you move forward!

Ongoing, **Circle**; Thursdays 11 am-12 pm - On Zoom

Circle is a supportive online experience where people reflect on peace, hope and healing. Participants find renewal and gain strength as they listen to and talk about experiences and insights. Take this special time to feel part of a nurturing community and imagine new possibilities!

Ongoing, **Mercy Moments**; Mondays 1 pm-2 pm - On Zoom

Participants are invited to come together in this weekly online group to reflect on positive living, connect with others and to talk about how we are overcoming challenges related to distancing.

ACADEMIC CLASSES, TUTORIALS & SKILL BUILDING:

September 24-December 10, **Pens & Pages**; Thursdays 1:30 pm-3:30 pm - On Zoom

Adults in this group 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. This fall we are reading *The Book Woman of Troublesome Creek*, by Kim Michele Richardson.

September-December, **Tutoring**; Days and times scheduled with Melissa Lang

Adults work with tutors one-on-one online or by phone to improve skills in reading, writing, math or English Language Learning (ELL) focusing on a theme. ELL skills include conversation, pronunciation, grammar and vocabulary development. Each student is provided an individualized education support plan.

Ongoing, **American Citizenship Test Preparation**; Mondays 3 pm-4:30 pm - On Zoom

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 skills. Tutors provide small group instruction and can assist in the application process.

September 22 to December 15, **Mercy Marketplace**; Tuesdays 1 pm-3 pm - On Zoom

In this newly updated program, artists and crafters will learn the basics of business - including pricing, inventory management, sales, customer service, and how to use e-commerce to sell their products online. At the end of the course, students will have the opportunity to participate in an online sales event supported by Mercy Connections, to showcase their work and put their newly-developed skills to use.

FOR MORE INFORMATION, or to pre-register, CONTACT:

Cathy Ainsworth, cainsworth@mercyconnections.org,

Heather Gilbert, hgilbert@mercyconnections.org, OR

Melissa Lang, mlang@mercyconnections.org

or call
802-846-7162