

SPRING 2021 OPPORTUNITIES FOR SELF-DEVELOPMENT

Mercy Connections' Education & Transition Programs,
for adults to learn, grow, be resilient and make change.

MONDAY & WEDNESDAY PROGRAMS

Kindling Connections

Monday & Wednesday 10-11:30 AM, Mar.1- Apr.7, with Heather Gilbert

Do you want to find a new sense of optimism on your life? This program will help you reframe your experiences, spark new connections and use strength-based perspectives to drive change.

Developing Self

Monday & Wednesday 10-11:30 AM, Apr. 19-May 19, 2021, with Heather Gilbert

Are you ready to begin a process of self-development? Take a first step by joining this program. You will reconnect with core strengths and values while gaining a new sense of belonging.

FRIDAY WORKSHOPS

Setting a Direction

Friday 1-3 PM, Mar. 12, 19 & 26, with Heather Gilbert

Is uncertainty holding you back? Do you feel like you are navigating uncharted waters? In this workshop, learn strategies to bring balance to your life, reorient to your purpose and chart a course to your success.

Connecting Today to the Future

Friday 1-3 PM, Apr. 9, 16 & 23, with Heather Gilbert

Are you unclear about your future? In this workshop, you will envision and embrace your future story as a pathway to reach your full potential.

Inspire Your Life

Friday 1-3 PM, May 7, 14 & 21, with Heather Gilbert

Do you want to improve your ability to adapt and grow? In this workshop you will learn the important role creativity plays in life change. Strengthen creative thinking as you develop an inspired vision of your life.

WEEKLY SUPPORT

Mercy Moments

Monday 1-2 PM, through June 7, with Cathy Ainsworth

A facilitated group to explore strategies for increasing positivity and resiliency during these times of uncertainty.

Circle

Thursday 11 AM- 12 PM, through Jun. 10, with Sr. Ann Duhaime

A facilitated group to focus and reflect on peace, hope and renewal.

TO LEARN MORE, CONTACT:

Cathy Ainsworth
Director, Education & Transition Programs
cainsworth@mercyconnections.org (802) 752-8000

*All programs will be online through Zoom. When guidelines allow us to return to in-person classes, participants may be given the option of joining on-site or continuing virtually.

WINTER-SPRING 2021 CONTINUING PROGRAMS SCHEDULE

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Vermont Community Leadership Training

-No longer enrolling new students

Mondays & Thursdays 4:30-6 PM, Jan. 25-Apr. 29, with Heather Gilbert
Gain confidence, find your voice and create change. Enjoy exciting,
community-based projects, guest speakers, leadership training and self-
awareness activities.

English Language Learning and Academic Tutoring

Tuesdays 12:30-2:30 PM or Thursdays 8:30-10:30 AM (by appointment)
Jan. 19-Jun. 10, with Melissa Lang and Tutors
Adult tutorials in ELL, basic education or individual academic goals.

American Citizenship Test Preparation

Mondays 3:30-4:45 PM, Jan. 25- Jun. 14, with Melissa Lang and Tutors
Study the questions and answers to the American Citizenship test, learn
about the application process and practice English language skills.

Pens & Pages

-No longer enrolling new students

Tuesdays 9-11:30 AM or Thursdays 1:30-4 PM,
Jan. 19-Jun. 10, with Melissa Lang

Share your love of reading, improve your writing and join dynamic
discussions. Books donated by the Vermont Humanities Council will
focus on courage and self-acceptance.

Opening to Your Life

-No longer enrolling new students

Fridays 1-3 PM, Feb. 12, 19 & 26, with Heather Gilbert

Learn how to stay in touch with what brings you joy, identify what to
grow in your life and how to let go of limiting thoughts or attitudes.

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