



Woman's Co-op Life Enrichment Classes

Transforming lives one step at a time

Just like a butterfly grows through each stage, our classes help you build the skills and strength to create a thriving life for yourself and your family. Classes are **offered on an ongoing basis** throughout the year. Contact us anytime to learn about upcoming start dates and to register.

Classes Available:



Nurturing Parent Program

6 weeks

Strengthen your parenting skills and build healthier family relationships.



Resiliency Building

10 weeks

Develop tools to overcome life's challenges and build personal strength and hope.



Family Wellness

8 weeks

Learn strategies for maintaining healthy, safe, and connected families.



Keeping Families Together

8 weeks

A Manual for the prevention of Abuse and Neglect of Children.



Bridges Out of Poverty

10 weeks

Gain a deeper understanding of poverty and learn pathways to economic stability.

Ready to Begin Your Transformation?

Contact **Brieanna Soule**



269-966-8988 ext. 107

briannasoule@womanscoop.org

"Just when the caterpillar thought the world was over, it became a butterfly."