

*New!! Empowerment Series Fall 2013...*

**ywca princeton**

***“Do you feel stuck in your life?”***

Please join us for this 4 - Part Series

**Discover *YOUR* New Future!**

*Overcome the Top 4 Mistakes Most Women  
Make That Keep Them Stuck*

We will discuss how to:

- Identify your core values so you can live your life with authenticity
- Identify old beliefs that are holding you hostage and reframe your thoughts so you can create new positive outcomes
- Develop a Wellness Plan that will help you to maintain balance in your life
- Unveil a vision for your life so you will live a life of purpose and fulfillment



*Faith Saunders has over 18 years experience working in various capacities with many different groups, including teenage mothers, youths and adults with emotional challenges. These experiences coupled with those she has acquired during her own life journey have prepared her to live her passion – to support women to discover a new future. Faith also has a MS in Psychiatric Rehabilitation from UMDNJ.*



**WHEN:** Wed. October 30, November 6, 13 and 20, 2013

**WHERE:** Princeton YWCA, 59 Paul Robeson Pl., Princeton, NJ

**TIME:** 7:00 p.m. - 8:30 p.m.

**COST:** \$75 (non-members); \$65 (members)

**TO REGISTER FOR CLASS CODE #1010435:**

- Call (609) 497-2100 ext. 0 or visit the YWCA Princeton's Welcome Desk
- Online registration available for YWCA Princeton MEMBERS ONLY: go to [www.ywcaprinceton.org/register](http://www.ywcaprinceton.org/register)