

# EmpowHER

Are you 18 to 29 years old (without children) and looking for direction in the areas of education, employment and a healthy lifestyle? Do you think about your future and wonder what your path will look like?

Do you live in Calumet, Outagamie, Shawano, or Waupaca Counties or communities of Neenah & Menasha?

**If so there is a new program for you!**

The Women's Fund for the Fox Valley Region has partnered with Fox Valley Technical College to bring you EmpowHER! A FREE 12 week workshop focused on topics young women in their teens and twenties face in our community today!

Workshop Details: **Starts Fall 2019** at Fox Valley Technical College-Waupaca Campus

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- Peer Support
  - Resiliency
  - WISE choices in college
  - Job vs. Career
  - Goal Setting
  - Paying for College
  - Financial Wellness
  - Time Management
  - Self Esteem & Body Image
  - Healthy Relationships
  - Mental Health
  - Discovering Self Motivation

**Testimonials:** *"I learned a lot of life skills I was missing, like budgeting. Now I finally know how to grow my finances and save money!"*

*"Through this course I have gained more self confidence, motivation, and have learned more than I ever hoped for."*

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