

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: **Mondays, February 10th, 2020 through April 27, 2020**
from 9:00 am to 12:00 pm at Fox Valley Technical College-Waupaca Campus

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- Peer Support
 - Resiliency
 - WISE choices in college
 - Job vs. Career
 - Paying for College
 - Goal Setting
 - Time Management
 - Financial Wellness
 - Healthy Relationships
 - Self Esteem & Body Image
 - 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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To find out if you are eligible, fill out this survey online www.fvtc.edu/EmpowHER