

PROMOTION OF WOMEN'S EMPOWERMENT AND RESILIENCE URBAN PROJECT

POWER UP

...get plugged in for life!

Do you feel disconnected from life? Are you wondering where you should put your energy?

POWER UP is a **FREE** program developed to help you prepare for your next step.

POWER UP is FREE!
Childcare and transportation costs are covered. Lunch and snacks are also provided.

The **POWER UP** program will help you...

- set personal goals
- learn new skills
- strengthen your voice
- learn to problem solve
- ...and more

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Next Group: September 20, 2011
Deadline for applications: August 26, 2011