



Winter PM Trimester 2015
MOVEMENTTOCHANGE Healing and Wellness Course
Mondays in Mt. Vernon at the New Dimension
of The Empowerment Center

**CHANGE HOW YOU VIEW YOUR LIFE
THE ISSUES YOU ENCOUNTER AND YOUR SUCCESS...**

FEATURING

The Survival Guide Series to Regaining Your Life

THE GATEWAY SERIES

UNDERSTANDING YOUR MENTAL HEALTH AND WELLBEING

- ◇ Are you sunken from the challenges life has thrown you?
- ◇ Does your healing journey need a new roadmap with a different approach?
- ◇ Do you seek the connections to find your answers?



Where is the soul which connects all of us? Each class introduces a new title in the Survival Guide Series to Regaining Your Life or its unifying concepts. In this course we start with the soul and an environment conducive to making connections. As we explore the topics we respond to facilitative questions created to demystify the journey. Language is our tool and the soul is our passion.

Join us for...

An Introductory Course to Regaining Your Life

UNDERSTANDING YOUR MENTAL HEALTH AND WELLBEING!

You too can gain back your life!

Ten Afternoon Classes Beginning on January 5, 2015

MOVEMENTTOCHANGE is partners with The Empowerment Center

The Empowerment Center • 20 East First Street • Mount Vernon, NY. 10550 • (914) 699-5036

MOVEMENTTOCHANGE teaches and mentors people in Healing and Wellness!



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An Introduction to
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THE GATEWAY SERIES
SYLLABUS



UNDERSTANDING YOUR MENTAL HEALTH AND WELLBEING

Class 1	Introduction to the Course How are we gaining back our lives?	1/5/2015
Class 2	A New Introduction to Empowerment What is and isn't empowerment?	1/12/2015
Class 3	A New Introduction to 'Psychiatric Recovery' Do you really know what psychiatric recovery means?	1/26/2015
Class 4	Introduction to Pre-Advance Directive How can you change directions when things keep going wrong?	2/2/2015
Class 5	Introduction to Aspiring Towards Healing and Wellness What guides your desire?	2/9/2015
Class 6	Introduction to Healing and Wellness What does wellbeing look like?	2/23/2015
Class 7	Introduction to Empowerment from Past-Traumatic Experiences What happens when trauma is your struggle?	3/2/2015
Class 8	Introduction to the Right Questions for You What happens when your 'right' questions are asked?	3/9/2015
Class 9	Introduction to Wellness for Extreme Moments What can be done when life's moments become extreme?	3/16/2015
Class 10	Pulling It Together	3/23/2015

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