



## Personal Growth Workshop Series

**Looking to learn new skills? Join us  
for our FREE monthly workshops.**

January 23—CONFIDENT ME!

February 6—STRESS MANAGEMENT

March 6—MONEY MANAGEMENT

April 10—FEEDING YOUR FAMILY ON A BUDGET

May 8—SELF DEFENSE

June 5—FAMILY RESOURCE FAIR

July 10—PAINTING PARTY

August 7—DISASTER PLANNING

September 4—TIME MANAGEMENT

October 2—FAMILY CONFLICT MANAGEMENT

November 6—WAYS TO GIVE BACK

December 4—MENTAL HEALTH

**TIME: ALL WORKSHOPS WILL BE HELD FROM  
4:30 PM to 5:30 PM**

**Workshops are held at:**

The Salvation Army  
334 West Main Street in  
Somerset, PA  
814-445-9232 .

**Free childcare  
is available.**

**Refreshments  
will be served.**

**RSVP Please by Friday before workshop!**