

# RISE Institute

Reaching Into Self-Empowerment  
NCJW/Essex



## ***Life in transition? What now?*** RISE Institute can help you figure it out.

For women only.

Enroll now in one, two or all three of the summer 2012 RISE-Workshops.

### **What RISE participants are saying...**

*"This series really helped me to understand myself better and what was holding me back from being everything I could be."*



*"The group setting gave me a feeling of belonging."*



*"RISE has been a very healing, comforting, bonding, and validating experience for me. It's an ASSET to many already outstanding programs and workshops that have been offered to me at the Center for Women."*



*"I felt very special from the first session. The flowers, and the way the table was decorated, and the journals we were given were welcome, unexpected little niceties. I am sad that the group is coming to an end shortly. I would recommend RISE for all women."*

### **RISE-Workshops**

Call today to register for any of the following RISE-Workshops. Workshops meet on Wednesdays from 11 a.m. to 12:30 p.m.

#### **WORKSHOPS ARE FREE**

- July 11: Goal Getting:** Learn to set goals and make positive changes in your life
- July 18: Transforming Fear:** Use your fears in a healthy way to reach your full potential
- July 25: Self Affirmations:** Identify your positive traits and become your own cheerleader.

Hosted at :

United Way of Northern New Jersey, Family Success Center  
60 South Fullerton Avenue | Montclair, NJ 07042

Preregistration is required for all RISE programs. RSVP for one, two or three workshops.  
RSVP required to: Gail Sample at [gsample@ncjwessex.org](mailto:gsample@ncjwessex.org),  
Questions 973-994-4994, [centerforwomen@ncjwessex.org](mailto:centerforwomen@ncjwessex.org)

Led by trained staff and volunteers,  
RISE-Workshops are ideal for women who are:

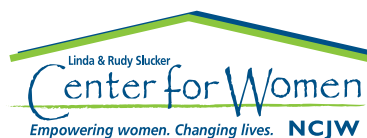
- In transition
- Learning to build confidence and overcome obstacles
- Adjusting to an empty nest
- Contemplating a life change
- Seeking re-entry into the workforce
- Looking to increase their self-esteem

As a RISE participant, you will:

- Learn how to achieve your goals of employment, economic self-sufficiency, or healthy relationships
- Improve your coping skills
- Tap into your talent
- Gain strength from past experiences
- Learn how to make healthy decisions
- Recognize and extinguish self-defeating thoughts
- Silence your inner critic

Ask about our other offerings that prepare women for re-entry into the workforce or for other life transitions.

*RISE Institute is a program of the Linda & Rudy Slucker NCJW Center for Women, a nonsectarian service-provider sponsored by National Council of Jewish Women, Essex County Section.*



Linda & Rudy Slucker NCJW Center for Women | 973.994.4994 | [centerforwomenNJ.org](http://centerforwomenNJ.org)  
National Council of Jewish Women | 973.740.0588 | [NCJWessex.org](http://NCJWessex.org)