

Living Well: Spring 2011 Program Schedule

Dinner: 5:30pm -- Session 6-8pm. Taking place in Lower Manhattan

Week	Session	Day	Date	Topic
One	1	Monday	April 4th	Orientation / Mutuality & Respect (DV Overview)
	2	Wednesday	April 6th	Living Your Dreams (Goal Setting)
Two	3	Monday	April 11th	A Celebration of You (Self-Image)
	4	Wednesday	April 13th	Developing a Support System
Three	5	Wednesday	April 20th	Story Prep #1
	6	Thursday	April 21st	Story Prep #2
Four	7	Monday	April 25th	Healthy Relationships
	8	Wednesday	April 27th	Breaking the Cycle
Five	9	Monday	May 2nd	Goals and Mentors #1
	10	Wednesday	May 4th	Story Prep #3
	11	Thursday	May 5th	Family Gathering
Six	12	Monday	May 9th	Goals and Mentors #2
	13	Wednesday	May 11th	Living Well (Stress and Nutrition)
Seven	14	Monday	May 16th	Goals and Mentors #3
	15	Wednesday	May 18th	Story Sharing #1
	16	Thursday	May 19th	Story Sharing #2
Eight	17	Monday	May 23rd	Education for Justice
	18	Wednesday	May 25th	Story Sharing #3
	19	Wednesday	June 1st	IAHH Convocation & Vigil
Nine	20	Monday	June 6th	Goals and Mentors #4
	21	Wednesday	June 8th	Time and Money Management
	22	Thursday	June 9th	Story Sharing #4
Ten	23	Monday	June 13th	Speakers' Night
	24	Wednesday	June 15th	Education and Employment
Eleven	25	Monday	June 20th	Goals and Mentors #5
	26	Wednesday	June 22nd	Transitions: Looking to the Future
	27	Thursday	June 23rd	Nature Walk (Living Well Part 2)
Twelve	28	Monday	June 27th	Graduation
Thirteen	29	Monday	July 11th	Mentor & Graduate Follow-up
Fourteen	30	Monday	July 25th	Picnic for Graduates and Friends

Coordinated by the Interfaith Assembly on Homelessness and Housing

For further information contact:

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