

STABLE

Secrets to a Better Life:
A Personal Journey



Learn the secrets to a better life with STABLE! This 8-day program will teach you:

- Financial Stability
- Time Management
- Social Skills
- Goal Setting
- Communication
- Public Speaking
- Negotiation Skills

STABLE will explain resources to help you sustain and advance your situations as well as improve the way you think and interact with others. You will examine your life, how your past has impacted your present, and help you move forward towards a better future!

Facilitated by the fabulous Dr. Regina Lewis and Michele Thompson,
at no cost to you, you will receive:

- Up to \$200.00 in gift cards upon graduation
- A bonus for 100% attendance and participation
- A special gift from TLC
- Dinner during in-person classes
- Possible childcare (to be determined)

Dates: Begins April 2nd and Ends May 21st

Time: Tuesdays from 6- 8p.m. (5:30p.m. for dinner)

Location: Tri-Lakes Cares, 235 Jefferson Street, Monument

There is limited space, so you don't want to miss this great opportunity!
Registration is now open and will close Thursday, March 28, 2023.

If you are interested in participating in STABLE,
contact your Case Manager for details and registration.

Last Names A-L: Rachael Collins at RachaelC@tri-lakescares.org or 719-481-4864 x102

Last Names M-Z: Jessica Garrison at JessicaG@tri-lakescares.org or 719-481-4864 x117