



Winter/Spring 2012 Programs & Activities

Family Alternatives to Violence/ Family Skills

Parenting Skills Classes
Anger Management (in Spanish only)
Nutrition Classes
Fatherhood Support

ESL Classes

Employment Readiness

Keyboarding
Word Processing, Intro and Advanced
Microsoft Excel, Intro and Advanced
Office Training
Intro to Computers for Spanish
Speakers
Open Computer Lab

Personal Development

Breathing and Meditation
Yoga for Beginners
Women's Movie Discussion Group
Spirituality Groups
Capacitar

Children's Activities

Chorus
Dance (House of the Roses)
Girl Talk
Guy Talk
Movie Night for Girls
Movie Night for Boys
Volunteer Opportunities for High
School & College Students

Workshops & Activities/Talleres y Actividades

Art Workshop
Martin Luther King, Jr. Day Reflection
Immigrant Women's Forum
Financial Education Classes (in Spanish only)
Tenants' Rights Workshop
Celebrate Mercy
International Women's Day Celebration
Parents' Rights & ACS
Health Care Education & Screening

En Español/In Spanish

Inglés Como Segundo Idioma
Clases para Madres y Padres
Manejando la Cólera
Introducción a la Computadora
Respiración y Meditación
Yoga
Grupo de Espiritualidad
Como Manejar Mejor su Dinero
Capacitar
Clase de Nutrición

Mercy Center is a place of welcome, community, and non-violence. Come join us for our **FREE** programs!

Venga a nuestro centro de bienvenida, comunidad, y no-violencia. ¡Los programas son **GRATIS!**

Páginas 6, 7, y 8 contienen material en español.

Family Alternatives to Violence/Family Skills

Parenting Skills Classes - for Women & Men

Learn to understand children's behavior; develop your child's self-esteem; deal with conflicts & misbehavior; improve communication & discipline; develop responsibility. Certificate awarded upon successful completion.

Registration: Participant should call Mercy Center 3 weeks before class to schedule an Intake appointment.

Book fee: \$20 (no book fee for Thursday class). Participant is not registered until book fee has been paid.

<u>Evening Course</u>	<u>For Parents 21 and under</u>	<u>In Spanish - Cycle 1</u>	<u>In Spanish - Cycle 2</u>
Wednesdays	Thursdays	Mondays	Mondays
6:15pm-7:45pm	5:00pm-6:30pm	10:00am-11:30am	10:00am-11:30am
January 25-April 4	February 23-April 26	January 23-March 19	March 26-May 14
<u>Minimum age:</u> 22		<u>Minimum age:</u> 22	<u>Minimum age:</u> 22

Anger Management - for Women & Men

A 10-session course designed to improve anger awareness and provide skills and techniques for appropriate expression of anger. Certificate awarded upon successful completion. **Priority given to Mercy Center ESL students.**

Registration: Participant should call Mercy Center 3 weeks before class to schedule an Intake appointment.

Materials fee: \$10 due at registration. Participant is not registered until fee has been paid.

Thursdays, March 1-May 17

11:45am-1:45pm

Minimum age: 22

In Spanish Only.

We will not be offering Anger Management in English this semester.

Nutrition Class - for Women & Men

Offered through the Ironwill Foundation Wellness Program. Is juice better than soda? Will eggs raise my cholesterol? Get the answers and learn about healthy eating for you and your family as you also try out new recipes that taste great!

Participants must be enrolled in at least one other Mercy Center program and must attend all classes.

Registration: Call January 3 to January 7

Cycle 1: English Only

Wednesdays, February 1-March 7

5:00pm-7:00pm

Cycle 2: Spanish Only

Wednesdays, March 28-May 9

5:00pm-7:00pm

Fatherhood Support - for Men

This 10-session group focuses on strengthening fathers' bonds to their families through open discussions and development of new parenting skills. Group topics include: family goals, male identity, values, family communication, parenting skills, improving family relationships, managing conflict, and strategies for handling anger. Certificate awarded upon successful completion. **In English only. For fathers 21 and over.**

Registration: Call Rafael after February 1

Thursdays, March 1-May 10

6:00pm-7:45pm

ESL Classes

English as a Second Language (ESL) - for Women & Men

Book/CD fee: Bring \$50 at registration. **SPACE IS LIMITED!**

Registration for New Students: Tuesday, January 17, 10:00am-12:00pm

Wednesday, January 18, 10:00am-12:00pm

Thursday, January 19, 5:00-7:00pm

Saturday, January 21, 8:00am-9:30am

Day Classes, Levels 1 & 2

Tue & Wed, 9:30am-12:00pm

Thu & Fri, 9:30am-11:30am

January 24-May 18

Day Classes, Level 3 New Students

Wed, 9:30am-12:00pm

Thu & Fri, 9:30am-11:30am

January 25-May 18

For ESL 3 Returning Students

Tue, Wed, Thu

12:00pm-2:00pm

January 24-May 17

Evening Classes, Levels 1 & 2

Tue & Thu

6:15pm-7:45pm

January 24-May 17

Saturday Classes, Levels 1, 2 & 3

Saturdays

10:00am-1:00pm

January 21-May 12

Employment Readiness

Keyboarding - for Women

A 10-week course offering basic and advanced levels, and a brief introduction to MS Word. Learn the keyboard, and develop or improve typing skills to 20-45 wpm. **\$20 book fee due at registration.** Certificate awarded upon successful completion.

Requirements: Proficiency in basic English.

Registration: Register in person at the first class.

Cycle 1: Day Course

Mon & Wed
12:30pm-2:00pm
Jan 18-Mar 28

Evening Course

Tue & Wed
6:15pm-7:45pm
Jan 17-Mar 28

Cycle 2: Day Course

Mon & Wed
12:30pm-2:00pm
Apr 9-June 13

Evening Course

Tue & Wed
6:15pm-7:45pm
Apr 10-June 27

Introduction to Word Processing - for Women

Learn the components of word processing. **Materials fee: \$20 due at first class.**

Requirements: Proficiency in basic English and basic knowledge of computers. Must pass keyboarding skills test by typing 20 words per minute.

Testing & Registration: Saturday course - January 11 at 6:00pm or January 21 at 10:00am

Day course - February 21 or 23 at 12:30pm

Saturday Course

Saturdays
9:00am-11:00am
January 28-April 28

Day Course

Tuesdays & Thursdays
12:30pm-2:00pm
February 28-May 17

Introduction to Microsoft Excel 2007 - for Women

Learn the basics of Microsoft Excel. **Book fee: \$45 due at registration.**

Requirements: Completion of Introduction to word processing or demonstrated knowledge through assessment test. Type at least 20 words per minute.

Testing & Registration: January 11 or 21 at 10:00am

Saturdays
11:15am-1:15pm
January 28-April 28

Advanced Word Processing - for Women

Requirements: Completion of Introduction to word processing or demonstrated knowledge through assessment test. Type at least 20 words per minute. **Materials fee: \$20 due at registration.**

Testing & Registration: Register in person at the first class.

Saturdays
9:00am-11:00am
May 5-June 9

Advanced Microsoft Excel 2007 - for Women

Requirements: Completion of Introduction to MS Excel or demonstrated knowledge of Excel through assessment test. Type at least 25 words per minute. **Book fee: \$45 due at registration.**

Testing & Registration: Register in person at the first class.

Saturdays
11:15am-1:15pm
May 5-June 9

Office Training - for Women

An 11-week course offering general business skills, English grammar review, and computer training (Outlook, PowerPoint, Publisher, and overview of Access). This certificate course is for women pursuing entry level employment as a receptionist, customer service rep, office worker, teller, cashier, or hospitality agent. **Materials fee: \$30**

Requirements: GED or HS diploma; type 30 wpm; knowledge of basic MS Word and MS Excel.

Testing and Registration: Cycle 1 - January 10 or 12 at 6:00pm Cycle 2 - April 4 or 5 at 6:00pm

Cycle 1: Wednesdays & Thursdays
6:00pm-7:45pm
January 18-March 28

Cycle 2: Wednesdays & Thursdays
6:00pm-7:45pm
April 11-June 27

Employment Readiness (continued)

Introduction to Computers for Spanish Speakers - for Women

A 10-week course for beginners. Learn about the Internet, emailing, searching for information, keyboarding, and the basics of the computer. **PRIORITY GIVEN TO NEW ESL STUDENTS.**

Registration: Register in person at the first class.

Cycle 1: Fridays 12:30pm-2:00pm January 27-March 30	Cycle 2: Saturdays 1:15pm-2:45pm March 31-June 9	Fridays 12:30pm-2:00pm April 13-June 15
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Introduction to Computers for Spanish Speakers - for Men

A 9-week course for beginners. Learn about the Internet, emailing, searching for information, keyboarding, and the basics of the computer. **PRIORITY GIVEN TO FAMILY DEVELOPMENT AND ESL STUDENTS.**

Registration: Register with Rafael after January 9th.

Saturdays
1:15pm-3:00pm
January 21-March 24

Open Computer Lab

Open to all Mercy Center ESL and computer class participants.

Mondays
9:30am-11:30am
January 30-June 4

Personal Development

Breathing and Meditation - for Women & Men

Explore a variety of mediation techniques to help nourish the spirit, relax the body and calm the mind. A regular mediation practice can help reduce chronic pain, anxiety, high blood pressure and serum cholesterol level, and more. Bilingual.

Registration: Come any Friday. No advance registration required.

Fridays, January 20-February 24
1:00pm-2:00pm

Yoga for Beginners - for Women

Join others in learning simple movements that stretch the body and relax the spirit. Offered by Mother Om Mission. Bilingual.

Registration: Come any Monday.

Mondays
10:00am-11:15am
Begins January 23; ongoing

Women's Movie Discussion Group

Registration: Call Mercy Center in advance to sign up. Films are selected by the group, based on the monthly themes.

Fridays	January 20	<u>Theme:</u> Faith/Spirituality
5:45pm-9:15pm	February 17	"Soundtrack for a Revolution"
	March 16	<u>Theme:</u> Brave Women
	April 27	"For Colored Girls"
	May 18	<u>Theme:</u> Classic Film
	June 15	<u>Theme:</u> You Only Live Once

Spirituality Groups - for Women

Continue to discover how the Creator is working in you and through you to bring peace and new life into the world.

Registration: Call Mercy Center to register.

Cycle 1: In English	In Spanish	Cycle 2: In Spanish
Tuesdays	Mondays	Mondays
1:15pm-2:30pm	1:00pm-2:30pm	1:00pm-2:30pm
Feb 28-March 27	February 6-March 26	April 16-May 7

Personal Development (continued)

Capacitar - for Women

Workshops that support healing and transformation of pain & stress in oneself, one's family, & the community. Bilingual.

Registration: Register in person on Wednesday, February 29 between 9:00am and 3:00pm.

Wednesdays
8:30am-9:30am
March 7, 14, 21, 28

Drop-in Sessions for Those who Completed 4-week Workshops
Wednesdays, 8:30am-9:30am
January 25; February 15 & 16; April 25; May 16 (8:30am-10:30am)

Children's Activities

Chorus

For boys and girls ages 6 to 12. Led by a professional director. Experience and ability to read music not required.

Registration: Register in person at the first session.

Wednesdays
5:15pm-6:00pm
January 18-May 16

Dance (House of the Roses)

A program offered at Mercy Center by House of the Roses. For boys and girls. Space is limited. Priority given to fall semester participants.

Registration: Call Katie prior to first class.

Fridays
January 20-May 25

Grades K, 1, 2
3:45pm-4:25pm

Grades 3, 4, 5
4:25pm-5:05pm

Grades 6, 7, 8
5:05pm-5:45pm

Girl Talk

Informal chat group for girls ages 10 to 13 years old. Space is limited. Priority given to fall semester participants.

Registration: Call Bridget prior to first class.

Fridays, January 27-April 20
3:30pm-4:30pm

Guy Talk

Informal chat group for boys ages 11-13 years old.

Registration: Call Aren or Rafael prior to first class.

Fridays, January 27-May 11
3:30pm-4:30pm

Movie Night for Girls

For girls ages 11 to 15 (no parents). Movie and discussion group. Movies to be determined.

Registration: Register in person with Aren before January 27.

Fridays
6:00pm-9:00pm
January 27, February 24, March 23, April 20, May 11

Movie Night for Boys

For boys ages 11 to 15 (no parents). Movie and discussion group. Movies to be determined.

Registration: Register in person with Aren before January 27.

Fridays
6:00pm-9:00pm
January 27, February 24, March 23, April 20, May 11

Volunteer Opportunities for High School & College Students

We are looking for enthusiastic young women and men interested in serving as mentors/tutors for our youth in various programs. For more details and an application, please ask for Aren.

Workshops & Activities/Talleres y Actividades

Art Workshop/Taller de Arte - for Women/para Mujeres

Maureen O'Connor, our artist in residence, will lead us in an exploration of our inner selves through artistic expression. Maureen O'Connor, nuestra artista en residencia, nos guiará en una exploración de nuestro ser interior a través de la expresión artística. Bilingüe.

Registration/Inscripción: Sign up in advance.

Thursday/Jueves, January 19

9:00am-11:00am

Martin Luther King Day Reflection/Reflexión: Martin Luther King

Gather to review, reflect, and share together on the life of Martin Luther King. Bring a dish to share with others!

Nos reunimos para reflexionar y recordar la vida de Martin Luther King. Traiga su plato preferido para compartir.

Registration/Inscripción: Sign up after January 9. Apúntese después del 10 de enero.

Friday/Viernes, January 20

11:30am-1:00pm

Immigrant Women's Forum/Foro de Mujeres Inmigrantes

An opportunity for women of immigrant backgrounds to come together and discuss the complex issues that come with living, working, and raising a family as an immigrant woman in the United States.

Una oportunidad para las mujeres de origen inmigrante para reunirse y compartir sobre los temas complejos que vienen con vivir, trabajar, y criar una familia como mujer inmigrante en los Estados Unidos.

Registration/Inscripción: Sign up in advance. Limit 30 women per forum.

Inscríbese en anticipación. Límite de 30 mujeres por cada foro.

Fridays/Los Viernes

11:30am-1:00pm

January 27; February 17; March 23; April 13

Financial Education/Como Manejar Mejor su Dinero

Budgeting, checking & savings accounts, taxes, credit, identity theft, consumer rights, and more! **In Spanish only.**

Aprenda a manejar su dinero en su idioma y de forma divertida. Veremos como hacer un presupuesto familiar y como evitar ser víctima de estafas, y aprenderemos sobre cuentas de banco, créditos, inversiones, y seguros. Enseñado por Qualitas of Life Foundation, una organización sin fines de lucro. **Sólo en español.**

Registration/Inscripción: Sign up starting January 23. Inscríbese comenzando el 23 de enero.

Cycle 1: Mondays/Lunes

9:30am-11:30am

February 6-April 2

Cycle 2: Mondays/Lunes

9:30am-11:30am

April 16-June 11

Tenants' Rights Workshop/Taller: Derechos De Los Inquilinos

Overview of basic tenants' rights. Bilingual. Visión general de los derechos básicos de los inquilinos. Bilingüe.

Registration/Inscripción: Sign up after February 1. Apúntese después del 1 de febrero.

Friday/Viernes, February 10

11:30am-1:00pm

Celebrate Mercy/Celebración de la Misericordia

Celebrate and reflect with us about the spirit and work of Mercy. Prayer followed by dessert.

Celebre y reflexione con nosotros sobre el espíritu y trabajo de la Misericordia. Oración seguida por postres.

Registration/Inscripción: Sign up after February 15. Apúntese después del 15 de febrero.

Wednesday/Jueves

12:15pm

February 29

OR

Thursday/Jueves

7:15pm

March 1

OR

Saturday/Sábado

12:30pm

March 3

International Women's Day/Día Internacional de la Mujer

Rejoice in the contributions women make to family, community, country, and the world. Pot Luck! Bring a dish to share and an item that represents women from your home country. Celebrate with stories, food, music, and song!

Goce y celebre las contribuciones que las mujeres han hecho a la familia, comunidad, país, y al mundo. Traiga su plato preferido y también algo que represente a las mujeres de su país. ¡Celebre con historias, comida, música, y canciones!

Registration/Inscripción: Sign up after February 21. Apúntese después del 21 de febrero.

Friday/Viernes, March 2

11:30am-1:00pm

Workshops & Activities/Talleres y Actividades

Parents' Rights & ACS/Derechos De Los Padres y ACS

Defend your rights, know what to say and do if you are being investigated by ACS. Bilingual.

Defienda sus derechos, sepa lo que debe decir y hacer si usted está sujeta/o a una investigación por ACS. Bilingüe.

Registration/Inscripción: Sign up after April 4. Apúntese después del 4 de abril.

Friday/Viernes
11:30am-1:00pm
April 20

Tuesday/Martes
6:15pm-7:45pm
April 24

Health Care Education & Screening/Educación de la Salud y Exámenes de Detección

Learn from medical professionals about how to maintain your family's health and questions you should ask your doctor and dentist. Free blood pressure checks and other health screenings will be available.

Aprenda de profesionales médicos de cómo mantener la salud de su familia y cuáles preguntas le debe hacer a su doctor y dentista. Se ofrecerán exámenes gratis de la presión arterial y más.

Registration/Inscripción: Sign up after April 23.

Sunday/Domingo
1:00pm-4:00pm
May 6

En Español

Inglés Como Segundo Idioma - para Mujeres y Hombres

Traiga \$50 para el libro/CD en la fecha de inscripción. ¡ESPACIO LIMITADO!

Inscripción para Nuevos Estudiantes: Martes, Enero 17, 10:00am-12:00pm

Miércoles, Enero 18, 10:00am-12:00pm

Jueves, Enero 19, 5:00pm-7:00pm

Sábado, Enero 21, 8:00am-9:30am

Por la Mañana, Niveles 1 y 2

martes y miércoles, 9:30am-12:00pm
jueves y viernes, 9:30am-11:30am
Enero 24-Mayo 18

Por la Mañana, Nivel 3 (nuevos)

miércoles, 9:30am-12:00pm
jueves y viernes, 9:30am-11:30am
Enero 25-Mayo 18

Para Nivel 3 (los que regresan)

martes, miércoles, jueves
12:00pm-2:00pm
Enero 24-Mayo 17

Por la Noche, Niveles 1 y 2

martes y jueves
6:15pm-7:45pm
Enero 24-Mayo 17

Los Sábados, Nivel 1, 2, 3

sábados
10:00am-1:00pm
Enero 21-Mayo 12

Clases para Madres y Padres - para Mujeres y Hombres

Exploramos temas como la comunicación, la auto-estima, la resolución de conflictos, la disciplina, etc. Todos que cumplen con los requisitos del curso reciben un certificado. Edad mínima: 22 años

Inscripción: La persona que va a coger el curso debe llamar Mercy Center 3 semanas antes de la clase para hacer una entrevista. Libro: \$20

Ciclo 1: los lunes
10:00am-11:30am
Enero 23-Marzo 19

Ciclo 2: los lunes
10:00am-11:30am
Marzo 26-Mayo 14

Manejando la Cólera (Anger Management) - para Mujeres y Hombres

Un curso para abrir conciencia sobre la cólera. Se enseñan técnicas para expresar la cólera en maneras apropiadas. Todos que cumplen con los requisitos del curso reciben un certificado. Edad mínima: 22 años Materiales: \$10

Inscripción: La persona que va a coger el curso debe llamar 3 semanas antes de la clase para hacer una entrevista.

los jueves
11:45am-1:45pm
Marzo 1-Mayo 17

En Español (continued)

Introducción a la Computadora - para Mujeres

Lo básico de la computadora, correo electrónico, mensajes instantáneos, buscando información, escribiendo en maquina.

Inscripción: *Inscríbese en persona en la primera clase. PRIORIDAD A NUEVOS ESTUDIANTES DE INGLES.*

Ciclo 1: los viernes

12:30pm-2:00pm

Enero 27-Marzo 30

Ciclo 2: los viernes

12:30pm-2:00pm

Abril 13-Junio 15

Introducción a la Computadora - para Hombres

Lo básico de la computadora, correo electrónico, mensajes instantáneos, buscando información, escribiendo en maquina.

Inscripción: *Inscríbese con Rafael después de Enero 9. PRIORIDAD A PARTICIPANTES DEL PROGRAMA DEL DESARROLLO DE FAMILIAS Y ESTUDIANTES DE INGLES.*

los sábados, Enero 21-Marzo 24

1:15pm-3:00pm

Respiración y Meditación - para Mujeres y Hombres

Explore una variedad de técnicas de meditación que ayudan a nutrir el espíritu, relajar el cuerpo, y calmar la mente. La práctica regular de meditación puede ayudarle reducir dolor crónico, ansiedad, presión alta, el colesterol, y más. Bilingüe.

Inscripción: *Venga cualquier miércoles sin necesidad de apuntarse.*

los viernes, Enero 20-Febrero 24

1:00pm-2:00pm

Yoga - para Mujeres

Para estirar el cuerpo y relajar el espíritu. Las sesiones son bilingües. Ofrecido por Mother Om Mission.

Inscripción: *Puede venir cualquier lunes sin necesidad de apuntarse.*

los lunes, comenzando Enero 23

10:00am-11:15am

Grupo de Espiritualidad - para Mujeres

Siga descubriendo como el Creador trabaja dentro y por medio de usted para brindarle paz y nueva vida al mundo.

Inscripción: *Llame Mercy Center.*

Ciclo 1: los lunes, Febrero 6-Marzo 26

1:00pm-2:30pm

Ciclo 2: los lunes, Abril 16-Mayo 7

1:00pm-2:30pm

Como Manejar Mejor su Dinero

Aprenda a manejar su dinero en su idioma y de forma divertida. Veremos como hacer un presupuesto familiar y como evitar ser víctima de estafas, y aprenderemos sobre cuentas de banco, créditos, inversiones, y seguros. Enseñado por Qualitas of Life Foundation, una organización sin fines de lucro. Ofrecido sólo en español.

Inscripción: *Inscríbese comenzando el 23 de enero.*

Ciclo 1: los lunes, Febrero 6-Abril 2

9:30am-11:30am

Ciclo 2: los lunes, Abril 16-Junio 11

9:30am-11:30am

Capacitar - para Mujeres

Técnicas para sanar y transformar dolor y estrés en sí mismas, en sus familias, en su comunidad, en la sociedad. Bilingüe.

Inscripción: *Inscríbese en persona el miércoles, 29 de febrero, dentro de las horas de 9:00am y 3:00pm.*

los miércoles

8:30am-9:30am

Marzo 7, 14, 21, 28

Para las que Terminaron Talleres en el Pasado

los miércoles, 8:30am-9:30am

Enero 25; Febrero 15 y 16; Abril 25; Mayo 16 (8:00am-10:30am)

Clase de Nutrición - para Mujeres y Hombres

Ofrecido por Ironwill Foundation Wellness Program. ¿Es mejor el jugo que la soda? ¿Le afectará a mi colesterol los huevos? ¡Obtenga las respuestas y aprenda como usted y su familia pueden comer más saludablemente mientras prueba recetas nuevas y ricas! Participantes tienen que estar en al menos otro programa en Mercy Center; es necesario asistir a todas las sesiones.

Inscripción: *Llame de Enero 3 a Enero 7*

los miércoles, Marzo 28-Mayo 9

5:00pm-7:00pm