

2021 Raising HOPE Virtual Workshops

ALL MENTORS AND MENTEES ARE ENCOURAGED TO ATTEND AT LEAST ONE WORKSHOP PER MONTH, AND ALL MENTOR OR MENTEE SUPPORT GROUPS. Raising HOPE Workshops are open to all past, present, and prospective Mentees & Mentors. Please feel free to invite an interested friend and/or family member.

April 1st, 6:30-7:30 pm: Ocean Moon Yoga for the Divine Feminine

Join us for an enlivening yet nurturing practice for all levels. No yoga experience necessary. Ocean Moon Yoga is inspired by the ascending and descending wave of deep, ujaayi breath ever-cycling like the ocean, which is governed by the moon. By embodying that flow, we connect to our own true grace.

Katherine Sumitra ("friend to all"), has taught yoga for 16 years. She began her journey as a teacher at Integral Yoga Institute, before gravitating towards vinyasa and Ashtanga and completing many other trainings, with David Swenson, Jillian Pransky, Shiva Rea, and Cyndi Lee, to name a few. Her teaching has embraced a melting pot of influences, from Laughing Lotus, to kundalini yoga, pilates, ballet, modern dance and qi gong. As a teacher, she offers her experience and love of yoga for the benefit of all.



Katherine Sumitra

April 20th, 6:00-7:00 pm: R.A.I.S.E. Tracker Workshop

Reliability, Accountability, Interference, See and feel results, Environment. Learn how to use this tracking tool to help your Mentee stay on course with her weekly goals.

Presented by Program Director **Amy Summers** & Mentor **Renee Gambino**. This workshop is for Mentors only.



Renee Gambino & Amy Summers

May 11th, 6:30-7:30 pm: Trauma Informed Yoga

Using invitational language, Tara's yoga class is open to all levels, including those needing to modify and/or practice in a chair. A well rounded mix of physical movement, breathing and mindfulness practices, each class concludes with Yoga Nidra, which is a deeply nourishing, healing, and relaxing guided meditation, in which you're guided out of the fight or flight nervous system and into the relaxation response, where healing and regeneration naturally occur.

Tara Sanders has been working with the Ulster County Crime Victims Assistance Program in developing trauma informed yoga programming that is available for free to sexual assault survivors, anyone supporting survivors, and professionals working to support survivors with their healing.



Tara Sanders



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All attendees need the Zoom link from RH email announcements or email tortloff@ulsterunitedway.org or call 845-331-4199, x5.

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May 25th 6:30-7:30 pm: How About Building a Budget, sponsored by MHVFCU

Budgeting is the cornerstone of a solid financial foundation, but it remains an overwhelming topic for many. This presentation will provide you an overview to assess current spending patterns, develop savings goals and build a budget to reach those goals.

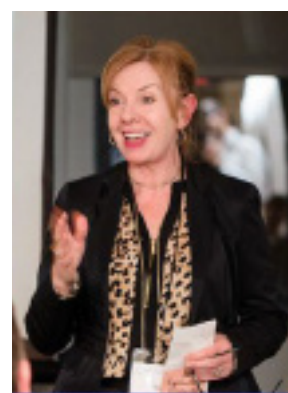
Sarah Short is a the Financial Education Specialist at Mid-Hudson Valley Federal Credit Union (MHV) and is a Certified Credit Union Financial Counselor. In her role, Sarah presents on various financial topics and shares a number of financial education resources with members of MHV and the communities in which they serve.



Sarah Short

June 15th, 6:30-7:30 pm: Conquering Your Money Mindset I am excited to present to the Raising HOPE women and grateful for the opportunity to share how to conquer your money mindset and gain more clarity, confidence and control when it comes to managing your money. I encourage you to join us and establish a sense of control in these uncertain times.

Susan Diamond, MSW, CFC, is on a mission to socialize the idea that it's OK for women to talk about money because knowledge is power, and when that knowledge helps you become more independent, it translates to empowerment. Financial coach and founder of the Herfinance Club and the Empow{Her} Community, Susan hosts the Gender of Money Mornings and virtual workshops that focus on helping women create a better relationship with their money.



Susan Diamond

July 13th, 6:30-7:30 pm: Embracing Your Inner Child

Inner child work is a vital component of healing trauma because it reconnects us with a wounded element of ourselves: the child within. When we reconnect with this fragmented part of ourselves, we can begin to discover the root of many of our fears, phobias, insecurities and sabotaging life patterns. This is where the true healing happens! Join Raising HOPE Program Director Amy Summers as she introduces you to the process of contacting, understanding, embracing and healing your inner child. Workshop is open to Mentees & Mentors.

Before joining Raising HOPE **Amy Summers** ran a Big Brothers Big Sisters program on Amherst College campus, owned Transformations Workshops and Gallery, taught classes to the faculty and staff at 6 universities & led women's empowerment circles. Amy is a former resident & instructor at Kripalu Center for Yoga & Health & at Centro Creativo in San Jose, Costa Rica. She is on the Advisory Board for New Start for Women at SUNY Ulster & is a member of Ulster Leadership Development Institute. She holds an advanced degree in Women's Studies and is the founder/facilitator of Aguoga® Aquatic classes in Ulster County & beyond.



Amy Summers



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August 3rd, 6:30-7:30 pm: Nourish Wealth Management

You have goals and ideals, and are slowly building your resources. In this workshop you will learn about Nourish Wealth Management, a core belief that the fusion of health, wealth and service nourishes an individual's purpose and an organization's mission, inspiring innovation and making a positive impression on our future.

Learn from **Katie Wilson** about Mission, Vision & Values and how to apply these qualities towards your money management. She works in collaboration with tax advisors and estate planning attorneys, to organize and evaluate the foundation for a sustainable lifestyle that drives success for a client's objectives for retirement, education, and legacy. The cornerstone of Nourish Wealth Management's investment philosophy is to achieve success for clients while evaluating a portfolio's environmental, social, corporate governance (ESG) factors and risk management benefits of socially responsible investing (SRI). Nourish Wealth Management is located at 291 Wall Street, 2nd Floor | Kingston, NY 12401 | 845.802.0070. Securities and advisory services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser. Fixed insurance products and services offered through CES Insurance Agency or Nourish Wealth Management.



Katie Wilson

September 14th, 6:30-7:30 pm: They Thought They Buried Us But They Forgot

We Were Seeds Have you ever felt like, at one time or another, that others threw dirt on the seeds of your self esteem, buried your self-worth because of your past circumstances and/or tried to stunt your growth through neglect? If so, please join me for this workshop, designed with those of you in mind, to equip you with cultivating tools to grow through what you go through.

Pastor Carla Broadnax is the Visionary/Servant Leader/Mentor of Iron Sharpening Our Sisters Partners in Ministry, the Ironworkers 4 Christ Virtual Church Without Walls and the Carla Broadnax (CB) Connection Mentoring Minis"trees" in Kingston, NY. She is a motivational speaker and inspirational preacher who has a passion for empowering, mentoring and/or supporting women.



Pastor Carla Broadnax



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October 12th, 6:30-7:30 pm: How to Start an Online Radio Show in 9 Easy Steps, for Beginners!

Radio is a broadcast platform to get your voice heard. Freedom will share the nine steps she followed to create a radio show from start to finish. In this workshop YOU will be able to take an idea and create a radio show of your own. NOTE: Come prepared with one or two ideas. The Black Meta is a radio show where we explore and celebrate Black America and the African diaspora the world over.

Freedom Walker Peace is a certified Creative Arts Therapist, an accredited practitioner of the healing arts, Bard College Clementine Graduate, TMI participant, "The Black Meta" Radio Show host, fine artist, writer, and a spiritual practitioner.



Freedom Walker Peace

GETTING TO KNOW YOUR PROFESSIONAL STRENGTHS

Part One October 26th, 6:30-7:30 pm

Part Two November 9th 6:30-7:30 pm

In this two part series, you will work on getting to know your professional strengths, areas needing nurturing, and transferrable skills, in order to identify ways to market and sell yourself to potential employers. You will learn about resume writing, Behavioral Style Interviews, and Organizational Fit.

Rose Eldie Desanges-Belfort has over 10 years professional experience in Human Resource Management; specializing in recruitment and providing ongoing coaching and diversity engagement to managers and employees in various settings to include Health Care and Utility Operations. She comes to you as a team member of the Ulster County Careers Center, and a Coordinator with Ulster County Office of Employment and Training.



Rose Eldie Desanges-Belfort



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December 7th, 6:30-7:30 pm: SOS Stress Relief

Stress Overload Syndrome (SOS) is a global epidemic. Modern life is full of demands, deadlines, frustrations, hassles and challenges. Stress is a kill-joy and can definitely be detrimental to our health, wellness and happiness. But did you know that there is also good stress that can help us grow and flourish? Learn how to recognize the signs of burn-out, soothe anxiety, and better nurture the challenges that come your way regardless of circumstance.

Lisa Cypers Kamen, MA, CADCI, Adv. CASAC, RYT-200 hours: Lisa is the Principal Facilitator at Harvesting Happiness, a global lifestyle management consultancy supporting clients in cultivating greater overall well-being and enhancing quality of life. Lisa is an author, documentary filmmaker, syndicated podcast/radio host, frequent media guest expert, TEDx speaker and contributor to The Huffington Post, Mind Body Green, Thrive Global, Positively Positive, and Inspire Me Today. She is the Fox News Radio Happiness Expert and a WEGO Healthcare Expert & Patient Leader.



Lisa Cypers Kamen

December 14th, 6:30-7:30 pm: Clear Message Model for Caring Feedback

Learn how to restore harmony in situations where there has been a miscommunication or misunderstanding. The clear message model for caring feedback is a simple method for giving either positive or developmental feedback. When created with care, and used to start a conversation, it can resolve tensions and create better understanding between two people.

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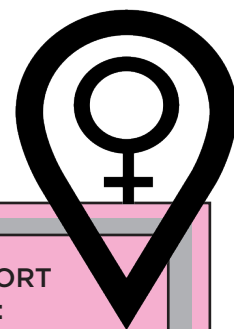
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December 21st, 6:30-7:30 pm: Raising HOPE Holiday Party (open to all pairs)
Join us for a holiday party like no other!! We will find new ways to celebrate and play!
More information to come...

ACTIVE MENTEE AND MENTOR SUPPORT GROUPS AND TRAINING DATES



THE EVENTS BELOW IN GRAY ARE FOR NEWLY ACCEPTED PARTICIPANTS BY INVITATION ONLY

NEW Raising HOPE--MENTEE AND MENTOR TRAINING DATES

March 13th, 10:00-11:30 am, New Winter/Spring Mentee Training

March 20th, 10:00-11:30 am, New Winter/Spring Mentor Training

April 10th, 10:00-11:30 am, New Winter/Spring Orientation

SUMMER Raising HOPE--TRAINING DATES

May 29th, 10:00-11:30 am, New Summer Mentee Training

June 12th, 10:00-11:30 am, New Summer Mentor Training

June 26th, 10:00-11:30 am, New Summer Orientation

FALL Raising HOPE--TRAINING DATES

September 11th, 10:00-1:30 am, New Fall Mentee Training

September 18th, 10:00-11:30 am, New Fall Mentor Training

October 2nd, 10:00-11:30 am, New Fall Orientation

MENTEE SUPPORT GROUP DATES:

- April 13th
- August 10th
- November 23rd

6:30-7:30 pm

April 12th, 12-1:00 has been rescheduled to
April 13th at 6:30 pm

MENTOR SUPPORT GROUP DATES:

- March 2nd
- April 27th

6:30-7:30 pm



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