

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.

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



Women Mentoring Women to Success

RAISING HOPE

Help • Opportunity • Passion • Empowerment

All attendees need the Zoom link from
RH email announcements or email

asummers@ulsterunitedway.org or call 845-331-4199, x4.

Raising HOPE is a program of the United Way of Ulster County, 450 Albany Avenue, Kingston, NY
www.ulsterunitedway.org/raising-hope

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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.

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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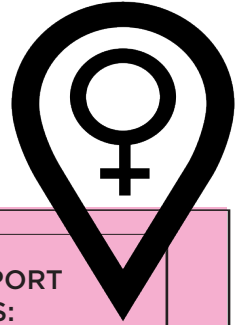
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December 21st, 6:30-7:30 pm: Raising HOPE Holiday Party (open to all pairs)

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 ARE FOR NEWLY ACCEPTED
PARTICIPANTS BY INVITATION ONLY

FALL Raising HOPE--TRAINING DATES

November 6th, 10:00am - 12:00 pm, New Fall Mentor Training

November 13th, 10:00am 12:00 pm, New Fall Mentee Training

December 4th 10:00am –12:00 pm, New Fall Pairs Orientation

MENTEE SUPPORT
GROUP DATES:

November 23rd
6:30-7:30 pm



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