

# TAKE CHARGE

## Winter 2019

*A life skills and support group for women who have been involved with the justice system, and others making a life transition.*

**70x7** Life  
Recovery

TAKE CHARGE meets on  
**Thursday morning** from  
**9:30—11:00** at  
**700 Ethel SE**  
Calvin Christian Reformed  
Church.

TAKE CHARGE is a free  
program that offers  
**transportation and childcare.**  
Call at least 2 days ahead.

To join the group at any time,  
call **Sarah Rhein** at  
**616-514-3718.**

TAKE CHARGE is a program  
offered by 70x7 Life  
Recovery, an agency that  
restores people whose lives  
are affected by crime.

70x7 Life Recovery offers  
this program to give each  
woman the skills, knowledge,  
and support she needs to  
**TAKE CHARGE** of her life,  
emerging healthy, confident  
and strong.

- Jan 10      **Art Therapy: Creative Processing**
- Leara Glinzak, Art Therapist, I Light, LLC
- Jan 17      **Singleness, the Pursuit to Self**
- Lee Gray, Lifecourse, LLC
- Jan 24      **Basic Budgeting**
- BettyBeth Johns, United Church Outreach Ministry
- Jan 31      **Credit Management**
- BettyBeth Johns, United Church Outreach Ministry
- Feb 7        **Conquering Co-Dependency**
- Catherine VanDeWege, Promises of Hope
- Feb 14      **Making the Impossible, Possible!**
- Melissa Bahena, LLC Motivational Speaker
- Feb 21      **Understanding the Important Role that Fathers Play in the Lives of Children and Families**
- Cole Williams, Son-To-A-Father
- Feb 28      **Defining an Overcomer!**
- Reynelda Jones, A Solution B, LLC
- Mar 7        **Beauty from Ashes / Learn to Think Powerfully!**
- Heather McCulley, New Life Christian Fellowship & Rebecca Taylor, Grand Rapids Dream Center
- Mar 14      **Handling Conflict**
- Mary Clark, MA, LPC, Private Practice Therapist
- Mar 21      **The Little Girl Grows Up!**
- Angela Hook, Forever Evolving Women's Empowerment Services
- Mar 28      **Emotions Management**
- Shellie Cole-Mickens, House of Blessings