



On My Mind: Woman to Woman

Monthly Women's Group Discussion – July's Topic: Healthy Relationships

Presented by: **Studio Jear!**

Sponsored by: Empowerment Resources, Inc.

DATE: **Friday, July 30, 2010**

TIME: **6:00pm to 7:00pm**

COST: **\$5.00 (cash or check payable to Studio Jear)**

*****pre-registration / sign-up is required*** -- payment is due upon registration**

LOCATION: **Studio Jear!**

11760 Marco Beach Drive, Ste. #3

Jacksonville, FL 32224

Telephone: (904) 551-0459

Studio Jear is proud to present to you our very first women's focus group discussion: **Healthy Relationships** – join us for an innovative and thought provoking group discussion. Each month a new topic with guest facilitators.

*Facilitated by: **Elexia Coleman-Moss, Executive Director and Founder of Empowerment Resources, Inc.***

Discussion Topics:

1. *What makes a relationship healthy?*
2. *Who are people that I can have a relationship with?*
3. *How do I know that I have a healthy relationship with someone?*
4. *Primary ingredients for a healthy relationship*
5. *Identifying an unhealthy relationship*
6. *How do I get out of an unhealthy relationship?*

See second page for bio on Elexia Coleman-Moss and ways to register



Facilitator for "On My Mind: Woman to Woman"
July 30, 2010 Topic: Healthy Relationships

Elexia Coleman-Moss has been a National Recognized Trainer/Consultant in the Nurturing Parenting Curriculum since 2007. Elexia is also certified as a life coach under the CAPP institute and has a Bachelor of Science in Psychology. Throughout her career, Elexia has worked with programs for children, adolescents, and families facing social and economic problems. Presently, Elexia also continues her public service in the community with Empowerment Resources Inc., a non-profit organization that she founded and developed in 2002. The organization is dedicated to the empowerment of youth and families and offers a girls leadership and self-esteem building program, life-skills workshops for male and female teens and parenting education and coaching. Elexia embraces the nurturing concepts and enjoys sharing knowledge with others to help them empower themselves and the ones around them. To find out more about the organization, visit: <http://www.empowermentresourcesinc.org>

About Empowerment Resources, Inc.

Since 2002, Empowerment Resources, Inc., a private 501(c) (3) nonprofit organization, has empowered more than 500 youth and adults in Duval and surrounding counties through its signature programs, Journey Into Womanhood, Life Skills Workshops and Parenting Education Seminars and Coaching. Our programs help meet the needs of the community by exposing families to valuable community resources.

Ways to register / sign-up:

- In person @ Studio Jear!
- Call Studio Jear @ (904) 551-0459 and reserve your spot / mail in your payment to Studio Jear!
- E-mail Studio Jear @ zumbajear@yahoo.com to reserve your spot / mail in your payment to Studio Jear!