

STEPPING UP



**catholic
charities**
Diocese of Joliet



WHAT IS STEPPING UP?

Stepping Up is a virtual class promoting empowerment, peace, and ways to cope with life during this challenging season. More than ever, we need to take care of ourselves and keep moving in a positive direction. Stepping Up is a group that offers support, encouragement, and practical steps to make life more manageable. Stepping Up is a nonjudgmental place to share feelings and gain helpful skills for a better life.

MEETINGS:

Meeting virtually on Tuesdays for seven weeks from October 3rd - November 14th from 10:00-11:30 am.

TOPICS INCLUDE:

- Living beyond your past
- Coping during a pandemic
- Time management
- Goal setting
- Effective communication
- Budgeting
- Boundaries
- Racial and cultural identity

NEED ASSISTANCE CONNECTING? ALL YOU NEED IS A DEVICE WITH A CAMERA AND MICROPHONE AND WE CAN HELP! TO REGISTER, CONTACT JOY NEWBURN AT (630) 519-6547 OR JNEWBURN@CC-DOJ.ORG

WE ARE A FAITH-BASED ORGANIZATION PROVIDING SERVICE TO PEOPLE IN NEED AND CALLING OTHERS OF GOOD WILL TO DO THE SAME.



Space below dotted line is for staff use only.



Name _____

Agency/Church: _____ Phone: _____

Contact Name: _____ Email: _____