

WELLNESS

Yoga

with Ava Tyler

Yoga is fantastic for improving circulation, flexibility, strength, and balance, as well as, for stress management. Choose from Vinyasa, a flowing style of yoga, Intensive, for advanced students, and Gentle for those new to yoga.



Vinyasa Yoga - Mondays, noon-1:00 pm
New six-week session begins 9/26/11. Fee: \$60

Drop-In Vinyasa Yoga - Tuesdays, 6:00-7:30 pm and Saturdays, 8:00-9:30 am
Ongoing enrollment. Fee: \$125/10 class card with 3 month expiration. Drop-in: \$15 Adults, \$10 Teens.

Yoga Intensive - Thursdays, noon-1:30 pm
An intense practice for students with previous yoga experience. Class size is limited. New six-week session begins 9/29/11. Must register prior to class. Fee: \$270

Gentle Yoga - Fridays, 10:30-11:30 am
Focus on the development of strength, conditioning, coordination, flexibility, and breath awareness in a relaxed environment. A great class for beginners. New six-week session begins 10/7/11. Please pre-register. Fee: \$60

Tai Chi

with Suzanne Hanley

Wednesdays, 10:30-11:30 am
Experience the gentle, flowing movements of Tai Chi and treat your whole body to a relaxing workout. Say goodbye to sweating, puffing and panting. Say hello to feeling cool, calm, refreshed and energized. Tai Chi is your passport to better health, fitness, peace of mind and so much more, as your mind and body work in harmony for superb results. Create and enjoy an oasis of calm before getting back to the real world. Fee: \$75 for 6 weeks

Women Who Walk

with Margaret Fikrig

Thursdays, 9:00 am beginning 9/8/11
Join this active group of women who walk the trails through the crisp days of autumn, the snowy days of winter and the green days of spring. The group is for all ages and stages of life. Join the e-mail list and get weekly updates on walk location by e-mailing info@womenandfamilylife.org.

SUPPORT PROGRAMS

Domestic Violence Support Group

This special support group offers a safe, confidential meeting time with a domestic violence therapist. For those affected by domestic violence including physical, emotional, financial, and verbal abuse. No charge. Call for date and time. All calls kept confidential.

Divorce/Separation Support Group

with Cynthia L. Sarris, LCSW, LLC

Thursdays, noon-1:00 pm
Designed to support and empower women who are separated, in the process of a divorce, or already divorced. Pre-registration preferred. No charge.

Women Writers Group

with Charlotte Smith

Wednesdays, 7:00-9:00 pm
Meet with other women to share and critique each other's writing. For budding, beginning, and experienced writers. No charge.

Pregnancy and Infant Loss Support Groups

in partnership with Hygeia Foundation

3rd Thursday of the month, 7:00-8:00 pm
Support Groups are run by parents for parents who have suffered the loss of a baby through miscarriage, stillbirth, or neonatal death. No charge.

Shoreline Women Recreating Retirement

with Jennifer Cruet

3rd Thursday of the month, 10:30-11:30 am
Women's retirement today is different from that of our mothers. Join this group of retired and semi-retired women who want to enrich their lives, make new connections, find new outlets for their personal and professional skills, and have fun while contributing to the community. We meet once a month and break into small subgroups based upon interest. No Charge (fees may be collected for charitable or social events).

For Men Only

with Jim Abrahams

1st and 3rd Wednesdays, 7:00-9:00 pm
A divorced, widowed, separated men's group to share support, companionship, and discuss men's issues. No charge.

Parent Chat

with Deb Pagano, CT Family Support Network

Tuesdays, 6:30-7:30 pm
This support group is in collaboration with SARAH's KIDSTEPS Family and Children's Center. It provides an opportunity for parents of children with special needs and typically developing children to meet weekly to discuss topics of interest to the group. Contact Kathy Fadel of KIDSTEPS Family and Children's Center at (203) 318-3692 x2 if you are interested in attending. No charge.

REGISTRATION - GENERAL INFO

Registration

Although drop-ins are welcome for most programs, advanced registration is greatly appreciated to insure programs have adequate interest. Registration forms can be printed from our website: www.WomenAndFamilyLifeCenter.org and mailed to, or dropped off at, the center. Registrations can also be made by calling the center at 203-458-6699 or e-mailing info@womenandfamilylife.org.

Location / Parking

All support programs are held in the W&FL's main house unless otherwise stated. All other programs are held in the Carriage House located at the back of the center grounds at 96 Fair Street. Parking is available in front of the Carriage House and also along Fair Street.

Payment

We accept credit cards, personal checks and cash as payment. For programs with a fee, scholarships are also available. Please call the center at 203-458-6699 for more information.

ADULT EDUCATION

What Every Woman Needs To Know About Divorce

with Robyn Klaskin, attorney; Lisa Gresham, financial planner; Laura Kaspro, LCSW

October 18, 6:30-8:30 pm in the Carriage House
This workshop is geared toward women who are contemplating divorce or are in the early stages of the process. Topics address the legal, financial and emotional aspects of divorce in a supportive setting. Lots of time for questions and answers. Fee \$20.

Holistic Moms

with Jennifer Greenwald-Chatelain

2nd Thursday of the month, 7:00-9:00 pm
W&FL is proud to partner with the New Haven Chapter of the Holistic Moms Network. Holistic Moms is a national non-profit organization connecting parents interested in holistic health and green living. The chapter also offers playgroups, book clubs, moms night out, and TED talk discussions throughout the month. For more information contact the center or e-mail newhavenhmn@gmail.com.

Listen . . . it whispers

A program offered in partnership with [Woman to Woman](http://WomanToWoman.org)
Wednesday, September 14, 2011, 7:00 to 8:00 pm
Guilford Free Library, 67 Park Street, Guilford, CT
Join Mary Jane Minkin, M.D., Clinical Professor of Obstetrics and Gynecology, Yale University School of Medicine, and leader in women's health education as she provides insight into prevention, diagnosis and treatment for ovarian cancer, along with menopause and sexuality.

League of Women Voters East Shore

with Janet Poss

2nd Saturday of the month, 9:00-11:00 am
Various topics presented in partnership with the the League of Women Voters East Shore. The League of Women Voters is a nonpartisan political organization, that encourages informed and active participation in government and public policy issues. New members are always welcome. For more information, e-mail lwveastshore@lwvct.org

YOUTH & FAMILY PROGRAMS



GirlsCoach/GirlsRun Program

This popular teen peer mentoring program is for girls in grades 11, 8, 5 and 4 in Branford, Guilford and Madison. Its mission is to promote

self-respect, community, leadership and healthy living for girls. During the winter months 11th and 8th grade girls train to become coaches by learning leadership skills, as well as, an exciting curriculum that addresses girls' issues such as body image, healthy choices and friendship. Those teams of coaches will then lead afterschool programs for 4th and 5th graders for 6 weeks at various elementary school sites in the three towns. No running experience is necessary, as running is only one aspect of a larger effort devoted to girls' health and friendship. We are currently recruiting the following:



- * High School and 8th grade girls for coach training
- * Elementary school girls for program participation
- * Volunteer adult facilitators

Contact the center for more information.

Building Team for Boys

NEW! Based on our successful girls mentoring program, Building Team is for boys in high school and 5th & 6th grades. During the winter months the high school boys will train to become youth mentors by learning leadership skills and an exciting new curriculum on engaging boys in community service while gaining leadership and communication skills, building self-esteem, and learning about the importance of caring for self, others and their community. This program is a great way to fulfill community service hours for high school students, while making a real impact on the community. We are currently recruiting high school boys to serve as mentors and are taking pre-registration for 5th and 6th grade boys. Contact the center for more information.

Karate For Girls

Time and dates to be determined
In partnership with Guilford Youth and Family Services, middle school girls learn martial arts with a focus on respect, discipline, confidence, and concentration. Please contact the center for more information.

Baby and Toddler Groups

with Pam Welch

Weekly family programs for parent and child.

Baby & Me

Thursdays, 4:15-5:00 pm

For parent with infants from birth to around 1 year (or mobile). Networking, support, baby play, and parenting tips in a casual setting. Fee: \$5 (\$40/10 class card with 3 month expiration).



Waddlers

Tuesdays, 3:45-4:30 pm

For parent with infants 1 year (or mobile) to 20 months. A time for you and your child to meet friends and share music, movement, and stories. Fee: \$5 (\$40/10 class card with 3 month expiration).

Toddlers

Tuesdays, 4:30-5:15 pm

For parents with children 20 months to 3 years. Activities, games, music and movement that foster early childhood development. Fee: \$5 (\$40/10 class card with 3 month expiration).

Together Time

This supervised visitation program helps families during difficult times of separation, divorce, and family estrangement by providing them with a safe, neutral environment to maintain and renew relationships. During supervised visitations, a monitor is present with the non-custodial parent and children at all times. For more information contact Lori Lodge at 203-458-6699 x101 or via e-mail at lorilodge@womenandfamilylife.org.

As program offerings sometimes change after brochure printing, please visit our website for the most current information.

www.WomenAndFamilyLifeCenter.org



Don't miss one of the Shoreline's premiere charity events of the year! Enjoy the culinary specialties of more than 25 men in our community - everything from appetizers to dessert! Enjoy music, drinks, shopping for charity in our silent auction and the rollicking fun of our live auction. The best part? All this fun helps us provide critical support services to women and their families.



Show your community spirit by being a sponsor, donating to the auction, joining our chef corp, and purchasing tickets to the event. Contact Lori Lodge at 203-458-6699 x101 or lorilodge@womenandfamilylife.org.

ABOUT US

The Women & Family Life Center, a nonprofit organization, helps women and their families meet the challenges of daily living and personal development. Our facilities include a 220-year-old home which provides a safe and intimate setting for women and families facing changes and challenges in their lives with grace, dignity and community support. We also have a beautifully converted barn that provides a bright, inviting place for wellness and education programs.

Services at the center are available to women and families from any town, although we primarily serve Branford, Guilford and Madison. Many of our programs are free and scholarships are available for fee-based programs. We also provide a variety of volunteer opportunities, including community service hours for students. In addition, our space is available for rental to the community. We can accommodate groups up to 20 comfortably.

- * For support and referral information call or drop-in Monday-Friday 9-3. We will help you find the resources you need.
- * Join our e-mail list for a convenient way to learn about upcoming events. Sign up easily through our website www.WomenAndFamilyLifeCenter.org or e-mail us at info@womenandfamilylife.org.
- * For rental information, please contact Jayne Miller at 203-453-6699 or jmiller@womenandfamilylife.org
- * Visit our blog, Share Our Voices (www.wflcenter.wordpress.com), or "Like" us on Facebook to enjoy weekly postings and to get up-to-date information.

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CENTER

2011 Fall Program Schedule



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info@womenandfamilylife.org

www.WomenAndFamilyLifeCenter.org

Share Our Voices Blog:
wflcenter.wordpress.com

Inspiring women and families to explore the endless possibilities in their lives, make meaningful connections with others, and create lives filled with promise.