



## Let's Talk About It Sessions

Every woman has something to learn. We want to support members emotionally and mentally, as they work towards their journeys and bettering their family's lives. Let's Talk About It is held to help women grow in many areas. Community volunteers donate their time to support S.W.I.M and its members in our strongly believed philosophies.

***"What lies behind us & what lies before us are small matters compared to what lies within us".***

***Ralph Waldo Emerson***





## About “Let’s Talk About It”

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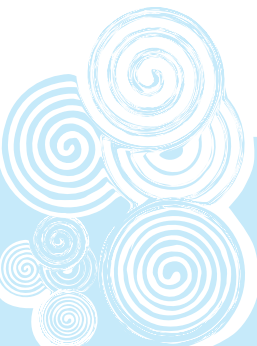
We will create a non-threatening environment, in which our members can share their stories, recognize each other’s achievements and develop new ideas for coping strategies. Childcare is provided at each session by S.W.I.M volunteers.

### **Each session features:**

- “Mom’s Voice” where the mother of the week shares her chosen story/experience/lessons
- Groups participate in a feedback and discussion session.
- Participants then:
  - a) “Talk About It”
  - b) Share recent journeys & experiences
  - c) Share worries & successes
  - d) Have discussions to find positives from personal experiences

Group discussion participants are challenged to discover positive things within themselves and celebrate their new discovery.

“Once mothers have attended a minimum of 8 sessions, they have the option to continue onto the Life Coaching Program”.



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