

# The Empowerment Center

## Description of Offerings

**Daily Check-In:** An opportunity for members to share and express how they feel at that moment and to engage with other members.

**Help Yourself:** A variety of video presentations that serve the purpose of self exploration and engaging conversation.

**Open Art Studio:** A chance for members to work in a variety of mediums to connect with their creative side.

**Cards for Humanity:** Members are provided an opportunity to design, compose and send a greeting card to a person of their choice.

**Express Yourself:** Writing on a variety of topics chosen by participants or suggested by a facilitator for the purpose of creativity, self expression and processing.

**Virtual Walking:** Members take a virtual walking journey through exciting and interesting places from around the world where they share their experiences with one another.

**It's Natural:** These video presentations are meant to expose members to the many beauties that our world has to offer.