

## EMPOWERMENT CLASSES

Tuesday & Thursday  
10:00 a.m. & 2:00p.m.

Call for registration

252-523-5573

Greene County contact Advocate

@252-747-5932

### MISSION

To empower women with the knowledge  
and skills:

- \* To take authority over life.
- \* To redefine self
- \* To become assertive
- \* To regain self-confidence
- \* To increase self-esteem
- \* To grow and to change
- \* To become whole again, in spirit, mind  
and body

“The most common way people give up  
power is by thinking they don’t have any”

Alice Walker

**SAFE in Lenoir County**

**W.I.N.S**

**Phone:** 252-523-5573

208 Glenwood Avenue  
Kinston, NC 28501

**WWW.**

[SAFEINLENOIRGREENEOR.IPAGE.COM](http://SAFEINLENOIRGREENEOR.IPAGE.COM)



S.A.F.E. in Lenoir County

**W.I.N.S**



(Women Implementing New Strategies)

**THROUGH EDUCATION**

**And**

**SELF AWARENESS**

208 Glenwood Avenue

Kinston, NC 28501

252-523-5573

Carolyn Fields/Facilitator

## What are Empowerment Classes?

The empowerment classes are designed to educate and equip women with information and skills needed to gain control over their lives and live a life free of violence. The program consists of twelve classes dealing with the impact of the cycle of violence on the entire family. The W.I.N.S. program is based on the "Empowerment Model", which is a non-psychotherapeutic approach that sees domestic violence as an imbalance of power within relationships. This desire for control over the other is evident by physical, mental, verbal, sexual, emotional, psychological or economical abuses. The program centers on the belief that women and children can break the cycle of domestic violence through support, resources, advocacy, information, and education, always striving to equalize power between a woman and her environment.

# Empowerment

*Begins With YOU!!!*

**You are a valued human being.  
You should always be treated with respect.**

**You deserve to have boundaries.**

**You are worthy of love  
The men in your life should honor women**

**Take back your POWER**

**Love and honor yourself**

**BE EMPOWERED**



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**Inside you is a smart,  
Powerful, dynamic, capable, self confident,  
Alive, alert, fabulous woman.**

**LET HER COME OUT!**

*empower  
educate  
engage*

**You are a valued human being.  
You should always be treated  
with respect.**