



2120 Spring Street
P.O. Box 831
Mt. Holly, NC 28120

Office: (704) 827-0450
Fax: (980) 277-8112
www.cro-mtholly.org



The CRO's "Pathways to Success" (P2S) Initiative is a series of classes designed to provide "OUR NEIGHBORS" in crisis with the essential life skills needed to empower them to move beyond crisis and become a thriving member of our community. Our 90-minute empowerment classes include:

Budgeting and Money Management - Creating and maintaining a household budget sounds like one of the easiest things in the world to do but something that many of us are not really successful at. Do you complete a monthly budget at the present time? If you have excess expenses, do you have a plan on how to get your expenses back in line with your income? If developing your own budget is of interest, join us for this class on money management.

Goal Setting and Your Roadmap to Success - Goal setting can be the single most important event of your life and almost everyone will tell you they have goals but do they really? Do you have financial goals, mental goals, career goals, or even family goals? There are at least 8 different categories of goals and we'll review them in this session. We'll talk about why goal setting can make a difference in your life and we'll help you set your goals.

Great Expectations - What are your expectations in life? Do you expect good things to happen each day or do you find yourself in a "bad place" more often than you want? During this class, we'll watch a 20-minute video that is very uplifting and shares four basic steps on how you can make each day a better day. We'll then review those steps and work together to find ways to positively affect our expectations. There are no guarantees in life and we have no idea how long we'll be here so shouldn't we set high expectations for ourselves and strive to meet those expectations?

Shopping and Cooking on a Budget - Do you find yourself spending too much on groceries? Do you wish you could feed your family more nutritious foods on a daily basis? Health affects every aspect of our lives, and eating healthy food contributes to your well-being. In this class we will consider recommendations for healthy meals, take a look at what foods are in your pantry and which foods you could add to improve your health.



Nutrition and Healthy Eating - Weight concerns? Health concerns? Not sleeping well? Maybe a little stress in our lives? How we eat each day and knowing whether we are eating in a nutritious way can impact these concerns and ultimately affect our health. Join us and learn more about how to balance the foods on your plate to get the best nutrition for your body. Optimize your health and your energy by joining us in the class and ultimately eating better...and feeling better!

Interviewing Skills - Why should we hire you? What happened in your last job? Why did they let you go? Interviewing is anything but natural. Like so many things in life, it is a learned skill with specific approaches that must be mastered. In this class, we introduce you to the **three** key steps to good interviewing: knowing your strengths, enthusiasm and being yourself. We will also role play and give you an opportunity to practice and apply what you are learning with a trained career coach. Join us and find out the best kept secrets on how to get a job offer!

Transforming How Stress Affects You - Life can be hard and change happens, but how can you respond to the stress caused by these changes in a way that serves you best? How can you be more resilient when facing stress? Resilience is defined as the ability to recover from, or adjust easily, to misfortune or change. Join us for a discussion on the many ways that chronic stress can impact your health, learn techniques to help you manage stress and even harness the power of stress to become more resilient, be your best and thrive.

Life Management Tips and Techniques – How do you manage your life? For that matter, how do you manage your time? Whether your day is too busy and you can't get everything done or if your day is really slow and you want to take control of your day, this class is full of tips and ideas. Each of us has the same 24 hours each day so how we use it is partially up to us. Join us to learn some new ideas!

Yesterday, Today, and Tomorrow – This is an open discussion session where we discuss where we've been in life, where we are today, and where we want to go in the "tomorrows" of our life. Each participant will share their story and all participants will share their wisdom and experience in order to help make our "wishes for tomorrow" more likely.

Financial Fitness for the Future - What are your financial goals? How's your present financial situation? Are you completing a budget each month or do you know what your net worth is? Have you run a credit report recently and if so, do you know how to read it? Interested in learning how to invest your money for the future? Join us for all of this and more!

Changing the Picture – Are you looking to make a change in your life? Are you willing to invest today to build a better tomorrow? Join us to learn about the 10 human traits that we each have that can help us succeed. We'll talk about finding your purpose in life...we'll assist you in assessing your strengths and weaknesses...and watch a short video with us to see how wearing a blindfold helped an athlete perform better than expected.