



CAGES 2 WINGS
ELEVATE UR MIND....
SPREAD UR WINGS & FLY!

Our Cages 2 Wings department focuses on **Self Discovery**. This department provides programs, services, tools and resources in the form of workshops for youth ages 7-24 to assist them with personal development and life goals. We currently provide the following programs:



Chatter Pals

Chatter pals are youth advocates, supporters, volunteers, and kind-hearted individuals taking time out of their busy lives to write motivational greetings, notes, and letters to incarcerated youth, foster youth, and youth in group homes or residential facilities that either do not have full access to the outside world or are lacking familial support.

Chatter pals are screened and matched with one to two youth to cultivate and build a positive rapport, friendship and companionship via written correspondence. Depending on the youth's access Chatter pals can either hand write notes, letters and greetings or choose to use online methods of interaction and correspondence.

Our goal is to keep these youth connected to the outside world, give them hope that there are others in the world that are thinking about them and offering their free time to build a friendship with them. Back in the day people were pen pals, Chatter pals goes beyond that and provides youth in distress or confined an opportunity to create social connections and understand the importance of friendship



LGBTQ Navigators

This program is for teens that identify themselves as lesbian, gay, bisexual, transgender and queer that have been oppressed, judged or hated because of their lifestyle or sexual orientation choices. The LGBTQ community consists of youth that practice a lifestyle outside of the societal norm based on their relationship preferences. LGBTQ youth are easy targets for abuse and bullying and this program provides an open door to an environment that teaches love for all mankind and coaches teens to strengthen their resolve and self-worth and navigate

their lives with confidence, peace, forgiveness, hope and belief in themselves. This program also is an open door for any youth that have made a personal choice to leave the LGBTQ lifestyle and be open to heterosexuality.



Affinity Heart Solutions

Relationships of any kind can be difficult and challenging. No matter whom you are involved with conflicts arise, personalities clash, emotions rage, misunderstandings ensue, communication gets misconstrued, feelings get hurt, connections become disconnected, some lie, steal and cheat, and others hide, abuse, manipulate and sabotage.

So what can we all do to create more peace in our relationships? What can we do to understand each other, empathize with one another, and create a common bond and a thriving adventurous interaction?

We can start by getting to the heart of the matter. Affinity Heart Solutions can help you do that. If you have any relationship challenges, and who doesn't, this program is for you. Learn what your Mountain Top Need is, What Role do you play, What is your Love Language, What do your Instincts have to do with it, What is the Kiss of Death, What are your Connection Points, What is your Circle It out Changer or main Conflict, What are the 3 Principles of a Relationship, What are your Emotional Cues, What are your Deal Breakers, What Games do you and others play, and then get your New Perspective to make it all worthwhile and keep your relationships thriving.



Self-Discovery Kit: Me, Myself & God

The purpose of the Me, Myself & God (I) Self-Discovery Kit is to provide tools for youth to cultivate a relationship with their own self while enhancing their personal development. Discovering who you are is the equivalent of the metamorphosis of the cocoon into a butterfly. There are steps and a process we all must go through and that is exactly what this program is about.

It is important to get to know who you are before you even seek out relationships with others. Self-discovery will allow you to know what you stand for, what you are against, your likes and dislikes, what your values and morals are and what you truly need in a relationship with anyone to be fulfilled. But it begins with you.

Most importantly, our source of all things comes from God our creator and without knowledge of Him it will be difficult to have knowledge of yourself. He created you. This program provides tools, challenges, tests and personality development activities for youth to do just that and to find their inner greatness! If you are not interested or don't believe in God you are welcome to utilize our alternate version called Me, Myself & I.

This kit comes with a LifeBook study guide. Each activity in this LifeBook corresponds to a specific solstice session. Refer to your kit to make sure you are utilizing the activities along with each individual solstice week. In addition to the 15 activities in this LifeBook you have 8 Activity Resources. These are additional tools to help you on your journey to self-discovery and are an asset to the activities that correspond to each Solstice session.

This Lifebook was designed to be used throughout your lifetime and allow you room to alter, revise, renew, or update your personal information and preferences during your life journey.



Mind Elevation: T.H.I.N.K. (Thinking Higher Involves Neurological Kindness)

This program guides youth to think on a higher level, a different plane than the norm, and begin to use more of their brains to produce the outcomes they desire in their lives. **T.H.I.N.K.** includes 7 different and innovative sessions that include activities to assist youth to understand and utilize the process of internal reflection for internal and external success.

This program was designed to teach youth how to modify or change any unwanted or undesirable behaviors. It is also for any issues you may have controlling your emotions and ways you can think higher or elevate your mind. We all have moments in our lives when we behave less than mature or in a way that may rub someone the wrong way or paint us in a negative light. This program is a tool that provides step by step coaching to ensure youth grasp the concept of behavior modification for self-control and emotional evolution for empathy, and utilize them so they both can assist them in creating the life they desire.



Pretti Enuff Self Esteem Program & Toolkit for girls

Pretti Enuff Jewelry & Accessories is part of the Cages 2 Wings department and was designed for teen and tween girls to assist them in building a healthy level of self-esteem. There are three membership levels to this program: **Dragonflies, Butterflies, and Fairies.**

This is a kit was created for tween and teen girls to give them a boost to their self-esteem. This kit is also part of the Pretti Enuff Self Esteem Workshop for girls and provides additional tools for their personal development.

Included in this kit:

Pretti Enuff Journal and Pencil set, Self-Talk Sheet, Self-Esteem Affirmations, Inspirational Audio CD, Gold Ribbon Pin, Free Membership to the Self Esteem Mastermind Club, 50% discount coupon for Pretti Enuff Jewelry & accessories, and 4 free Skype coaching sessions with our CEO Cicely.



Prince of Peace Self Esteem Program & Toolkit for boys

Prince of Peace Self Esteem program is also a part of the Cages 2 Wings department and was designed for teen and tween boys to assist them in building a healthy level of self-esteem.

There are three membership levels to this program: **Robins, Mocking Jays & Phoenix's.**

This is a kit designed to give boys a boost to their self-esteem. This Workshop program comes with a toolkit and provides additional tools for their personal development. Included in this kit:

Pretti Enuff Journal and Pencil set, Self-Talk Sheet, Self-Esteem Affirmations, Inspirational Audio CD, Gold Ribbon Pin, Free Membership to the Self Esteem Mastermind Club, 50% discount coupon for Prince of Peace Jewelry & accessories, and 4 free Skype coaching sessions with Cicely.



Design Your Life Transitions

This life course has three separate formats. The first is a transitions program for teens graduating high school and moving on to college or the working world. The second format is for College students leaving college and navigating their way through the real world. The third is for youth transitioning out of group homes, juvenile hall, residential facilities or being emancipated from foster care.

High School Students (Freedom Flyers): After about 12 years of general education you need to be ready for what lies ahead. Some students seek a college education, others travel, while still others just want to get started right away in the working world. This program is designed to help you do all of that and more.

It can be a scary thing being forced into the world without your parental cushion or guidance and without your schoolmates and teachers giving you advice, that's why we created this program - just for you.

College Students (Top Flight)

Woo hoo! You graduated and you made it through 2 or 4 years of college. Now what? Do you want a job, should you get an apartment alone or with a roommate, what about budgeting and bills, how do you navigate the world without your buddies, what does it really mean to be an adult? If questions like these are running through your mind then this program is for you. We will give you the right and most effective tools to navigate your new-found freedom and help you adjust to adulthood.

Youth in the system: (Wing Masters)

Our third transitions program is designed for youth graduating from group homes, residential facilities, juvenile hall or being emancipated. Being sheltered and in a controlled environment for a long period of time can leave you with feelings of trepidation and possible confusion. Fear of the unknown is normal for all of us.

Youth such as yourself have been in programs to modify your behavior, teach you new life and social skills and encouragement, but what do you do after learning all of that? Some youth go back into the world and repeat the same behaviors or end up living a destructive life pattern because they don't know how to use what they have learned, nor do they have the self-worth to create the life they truly want.

This transitions program is for that reason. We will provide you with plenty of tools, scenarios, activities, and challenges to make sure you can navigate your new life on your own and stick to your path of greatness.



Brain Training Courses

We utilize Neuro Linguistic programming to assist youth in re-framing their beliefs and healing their brokenness. Your mind is the master and whatever you choose to put in your mind will show in your life. Therefore, it is vital to your survival in life and your personal development to make sure your brain is operating at its highest potential.

The brain is a fascinating and miraculous, complex machine and unfortunately most of us only use about 10-15% of our brains. We have the tools to help you change that to help you use more of your brain and exceed your own expectations by tapping into unused and dormant doorways in your brain. There are several different ways you can do that and that is exactly what these courses are.

These courses will help you gain insight about your brain, that beautiful and powerful machine inside your head. We will provide lessons on ways to feed your brain healthy food, and train it for optimum performance. Also included is brain trivia, teasers and games and a brain spa software to challenge your brain. This course is for youth ages 12-24.



Work It Out! Workshops

These workshops are designed to cater to the personal development or re-development of youth. Youth are at a stage in their lives where they are impressionable, targeted for negative influences, pressured by peers, and plagued with self-doubt and worth. These workshops will provide the tools for all youth to gain a better sense of self and develop confidence and courage to be themselves and work towards their life goals. We post all upcoming workshops on our social networks and our websites. These workshops are based on the Four Selves and we also incorporate all of our programs into workshops.



Count It All Joy Bible Xtravaganza

This is an innovative Bible study program for youth ages 7-24. It is innovative because we don't just read from the Bible and pray and discuss scripture. Youth that choose to join this program are able to act out Bible stories, play games, role play, enter Bible Trivia contests and embrace the more spiritual side of themselves.

We also can provide a free bible study kit to use at home, on your own or if you are a youth group or organization you can use this kit for your group.



These groups are for youth that want to make a difference in their community, neighborhood or school. Youth can start or lead one of the following groups as a volunteer. Teens will have the opportunity to learn leadership roles which will be beneficial on future resumes for jobs and colleges. Kits, resources, tools, training tips and other information can be ordered and sent to get teens started with their groups. The current available groups are: **TeenMOFA**, **RacesYOUited**, and **Accountability Buddies**. Please see our website at www.angelicrainbowenterprises.org for details about each group by clicking on Cages 2 Wings and then go the “Workshops” link.



Teen Mastermind Groups

Teen mastermind clubs consist of youth who work together with other youth to plan networking activities and develop plans for present and future success in any area of life they are working on. The purpose is to learn skills to master their minds and think and act on a higher level. Our current available mastermind groups are: **El-Even**, **T.H.I.N.K.**, and **Self-Discovery**. Please see our website at www.angelicrainbowenterprises.org for details about each group by clicking on Cages 2 Wings and then go to the “Workshops” link.



Life & Social Skills

This workshops are for youth to learn how to navigate life, deal with typical life stressors, relationships, getting jobs, surfing the internet safely, creating workable goals for their life and future and more. Our current list of life and social skills classes are: Conflict Resolution, Vision Boards, Life Planning, Job Development, Money Smart, Cyber Safety, Etiquette 101, Core Rules of Netiquette, High School Portfolios, Personality and Self Character, Leadership Team, Networking, Social Media, and Financial Aid/Scholarships for College.



Elegant Makeovers

When we intake a new youth to one of our programs, membership or service they are invited to go through a full makeover if they choose to. These makeovers will help them improve their self-esteem and overall sense of self-worth. Activities include: wardrobe shopping, hairstyling, body image consulting, wellness and fitness consulting and an internal consultation for emotional health.



Image Consulting

Another intake option we have for new youth members is a consultation about their image. Youth are at a stage of development in life when they are very vulnerable to peer pressure and outside influences. They are searching for who they are and what they stand for. This consultation will provide tools to help youth get to know themselves better and present their best selves and image to the world.



Health & Wellness

Along with other intake services, we provide consultations to make sure youth are taking excellent care of their bodies, brains and emotions. The only way one can do this is by making sure they get enough sleep, exercise, eat healthy balanced meals, take vitamins, have regular social interactions and do self-checks every once in a while. We provide the tools and resources for youth to do this and we train our youth to make sure they stick to a consistent and effective healthy regimen throughout adolescence and into adulthood.



Self-Defense

The world can be pleasant and friendly sometimes and at other times scary and dangerous. It is important that we all learn how to protect ourselves against negative dangers that can come out of nowhere. Youth are very vulnerable and are targets to predators. Our self-defense courses supply the tools and confidence for youth to make wise choices in their interactions

with strangers and others. They are trained to have the ability to protect themselves if they happen to be faced with a dangerous person or situation.