



## FALL 2023 FOUNDATIONS

### Need A Life Change?

Join our FREE community courses. Love INC is here to support our community and help individuals go from surviving to thriving.

#### **AFFIRMING POTENTIAL**

##### **FEEL STUCK IN LIFE?**

This class is a personal journey of exploring your past and present to recognize your potential and set goals for your future.

#### **FAITH & FINANCE**

##### **STRUGGLING WITH FINANCES?**

Learn to budget, track expenses, and set financial goals in a fun, engaging setting.

#### **PARENTING CLASS**

##### **FIND THE JOY IN PARENTING!**

Improve your parenting skills, gain insights into your child's unique personality, and raise a happy, healthy child!

#### **BOUNDARIES**

##### **UNHEALTHY RELATIONSHIPS?**

Learn to set and maintain healthy boundaries that benefit you and your loved ones.

*Did you know that Love INC also has a Parenting & Pregnancy Center, Mentoring, and a Job Readiness Program?*

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### **DETAILS**

**DATES:** Thursday Evenings, **Sept 7–Nov 30, 2023 (Orientation: Aug 31)**

**TIME:** Dinner @ 5:15, Classes 6-8:15pm

**LOCATION:** 1<sup>st</sup> Christian Reformed Church, 815 N 11<sup>th</sup> St. Oskaloosa, IA 52577

#### **ADDITIONAL DETAILS:**

- FREE Supper and Child Care (ages 0-12) Provided!
- Opportunities to earn incentives!

**PLEASE REGISTER BY AUGUST 28<sup>th</sup>**

Call Love INC at 641-676-3750

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