

Norwescap Career & Life Transitions Center presents:

# The Heart of Woman

## Free Women's Empowerment Series

This program honors the whole woman, offering space for reflection, growth, and clarity. While faith and spiritual values are woven in gently as a foundation of purpose and integrity, the sessions are practical, inclusive, and relevant to today's professional environments.

### This 6-course series includes:

- Understanding the Heart of a Woman
- The Seeds We Carry
- Tending the Soil
- Healing and Releasing What We Carry
- Cultivating Confidence
- Growth, Purpose, and Moving Forward

### To Register Call or Email

Warren & Hunterdon: (908) 788-1453  
Somerset: (908) 900-0060 x1501  
Email: [cltc@norwescap.org](mailto:cltc@norwescap.org)

## February

10<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>,  
20<sup>th</sup>, 24<sup>th</sup>, 27<sup>th</sup>

**10:00 AM - 1:00 PM**

**Habitat for Humanity**

Community Center  
31 Belvidere Ave.  
Washington



**NORWESCAP**