



Family Empowerment Services is a ministry of CFC.

EMPOWERMENT SERVICES INCLUDE:

Referrals & Resources

Through our Resource Specialist, Helping & Connecting our Families to the Services of CFC & Community Resources.

Counseling

General Mental Health, Crisis (Unplanned Pregnancy, Grief, & Loss)

Safe Families

Short Term Volunteer Care for Your Children & Services in Times of Need

Mentoring

Partnering with Others Who Support You as a Parent

Empowered Parents

Equipping Parents for Success

Family Care Learning

On-Demand Trainings

Support Groups

Pre-Natal, Parenting, & Birth Parents

Parent Nights

Social Activities

Making Sense of Your Worth

Overcoming Hurtful Events & Building Positive Self Worth

Parenting for Positive Self Worth

Parenting Strategies to Help Children Thrive



CFC Phoenix Class Location:

*Christian Family Care
2346 N. Central Ave.
Phoenix, AZ 85004*

Family Care KIDS Location:

*6750 N. 7th Avenue, Bldg B,
Phoenix, AZ 85013*

familycarekids.com/empowerment/

**For Questions or to
RSVP Contact Us @
empowerment@cfcare.org
or (480) 608-5416**

Calendar:

October 21

Thrive Birth Mom (@CFC Phoenix Office)

November 4

Gratitude Family Night (@Family Care KIDS)

November 18

Thrive Birth Mom (@CFC Phoenix Office)

December 16

Christmas Gifts & Wrapping Parent Night
(@Family Care KIDS)

December TBD

Thrive Birth Mom Holiday Event
(@CFC Phoenix Office)

January TBD

Mom Life for Expectant Moms Begins!

January 3

Making Sense of Your Worth, 8 Week Series
6-8pm (@CFC Phoenix Office)

January 13

Parent Night (@Family Care KIDS)

January 20

Thrive Birth Mom
(@CFC Phoenix Office)

February TBD

Mom Life for Expectant Moms

February 17

Thrive Birth Mom (@CFC Phoenix Office)

March 21

Parenting for Positive Self Worth, 8 Week
Series 6-8pm (@CFC Phoenix Office)



Making Sense of Your Worth Curriculum follows a step-by-step process of gaining positive self-worth. It was created by Cindy R. Lee, LCSW in partnership with HALO Project International and participants in the program show.

Self-Worth is the foundation of who we are as human beings and in today's world is highly sought after. It plays a role in every decision we make and in every relationship we have. This eight week program is designed for anybody who desires the freedom that comes with living in positive self-worth and secure attachment.



Parenting for Positive Self-Worth is the Next Step-Phase 2! *

This eight week series focuses on learning a variety of parenting strategies designed to help adults parent their children in such a way that promotes positive self-worth in their children.

*Making Sense of Your Worth (Phase 1) Class is a Pre-Requisite.

Note: January class is limited to 12 participants and women only at this time.