



RESOURCE CENTER FOR WOMEN

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Turning Lives Around Since 1977

**Media Release
FOR IMMEDIATE RELEASE**

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Free Personal Growth Program for Women at RCW

The Resource Center for Women (RCW) offers free services to women in our community. Their personal growth program is a first step for women who need assistance with achieving self-sufficiency and emotional strength. The Personal Growth program provides training to improve self-esteem, communication and organizational skills, anger and stress management. Additionally, the program's core curriculum includes assertiveness training, problem-solving, identifying long and short-term goals and developing action plans.

The program will be held each Wednesday, Feb 7th to February 28th, 3:30-5:30 p.m. Classes are held in Largo at 1301 Seminole Boulevard, Suite 137 and in St. Petersburg at the Enoch Davis Center, 1111 18th Avenue South. Registration is required for all classes.

Call RCW at 586-1110 to register for Largo classes and call 893-7134 to register for St. Petersburg classes. These services are funded by the Juvenile Welfare Board of Pinellas County, Schoen Foundation, Ameriprise Financial Company, Pinellas County Community Foundation and donors.

The Resource Center for Women helps women in transition achieve emotional strength, self-sufficiency and economic stability. RCW does this through life skills' training, which includes programs in career development, personal growth, money management, parenting and computer classes.