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Sowing Seeds for Success

From : Sarah Center <sbarnes@sfsministries.org> Tue, Jun 18, 2013 04:21 PM
Sender : Sarah Center <sbarnes=sfsministries.org@mail120.us2.mcsv.net>
Subject : Sowing Seeds for Success
To : David <davidrosenthal@fuse.net>
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Sarah Center E-Newsletter

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Sowing Seeds for Success

As summer begins, Sarah Center is happy to report on the continued development of our program and curriculum. Because developing inner resources and having community support is central to women attaining their goals, women's empowerment continues to be at the forefront of the work we do and programs we offer. For this reason, classes in empowerment and health and wellness are at the core of our curriculum and form the basis for skills development in other areas.

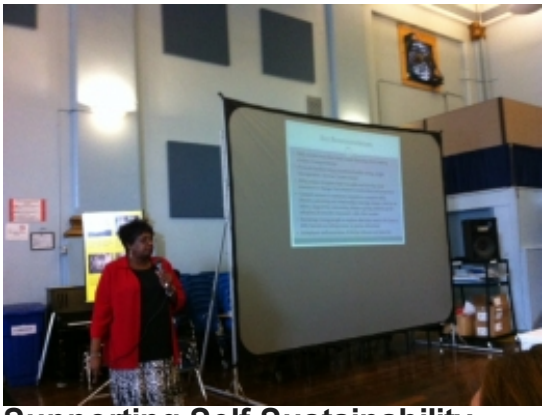
We're also excited to report the outcomes of a **recent qualitative study in collaboration with Northern Kentucky University's Social Work Program**. which looked at women's perceptions of success and self-sustainability. The results of this project will inform continued program development and will offer insight to key community stakeholders.

Classes for the summer term began last week. Several spots are still available for Beginner's Jewelry on Tuesdays 10:30 a.m. to 12:30 p.m. and Wednesdays from 5 to 7 p.m. It's not too late to register. Interested individuals should stop by Tuesday-Thursday between 10 a.m. and 5 p.m. or call us at 513-651-1532. **The last day to register for summer term is June 27th**.

As always, follow us on **Facebook** and **Twitter** to receive daily and weekly updates, information about upcoming sales and to view photos of our work. View the photo album from our recent double gallery exhibit in collaboration with New Voices and the NKU Social Work Program.

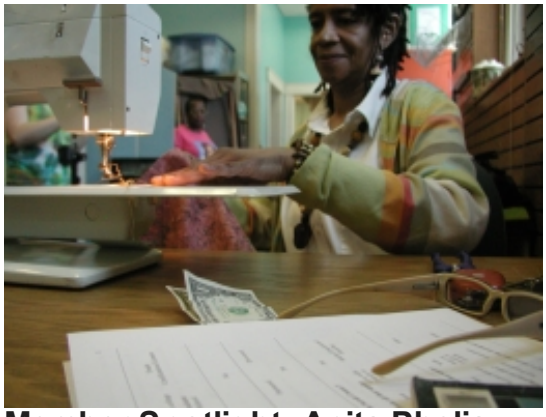
Finally, visit our new website, still under development. We'll be posting more photographs and information very soon.

Sincerely,
Shelia Barnes
Sarah Center Co-Director



Supporting Self-Sustainability

In collaboration with Northern Kentucky University's Social Work Program, Sarah Center recently completed a qualitative study on



Member Spotlight: Anita Phelia

I was born here in Cincinnati, a lot of years ago. I have lived all over this city, but not in any other cities. I have three kids, 14 grandkids, and 3 and a

women's perceptions of success and self-sustainability. Participants, all of whom are former or current members of Sarah Center's supplemental income program, were provided with disposable cameras to take photos of people, places and things that they felt represented success and self-sustainability. Participants were then interviewed and asked to describe their photos. The interviews were coded and themes were gathered from the data. The emerging themes and key recommendations were presented at a gallery showing. Recommendations focused on several main areas: assisting with basic needs; promoting healthy living; helping people recognize their strengths and develop inner resources to change their situation; connecting women to resources and providing community with other women; encouraging young people to explore possibilities for their future; and promoting acceptance and awareness of diverse cultures and histories.

half great grandkids (because she is not born yet). I graduated from Withrow High School. I first started coming to Sarah Center because I needed something to do and somebody told me about this place to make earrings, and I've been coming for three years. I've only been quilting for about four months. When I first started I was coming just like once a week and it got more and more interesting so I started coming more often. I've met a lot of wonderful ladies here. People come and go. We do have people that have been coming for 20 years. I can't imagine !I keep some of the work I make but try to sell a lot of them. My ideas just come from inside my head. I have to stay in the house a lot and don't get out often. I have arthritis, and will come out more with the sun out. I just want to learn everything I can. People tell me that I always take things to another level. I just want to learn all I can so I can take it to the next level. If I teach a class I want to make it really neat.

Sarah Center encourages women to develop strengths and talents in order to build a positive life for themselves, their families and their communities through art and craft classes, health and wellness program, empowerment, and entrepreneurial education.

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