

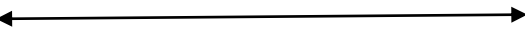
**AUTHOR'S NOTE**

*“The path is paved“*

**The path to success requires cognitive** movement and the ability to differentiate between instant and delayed gratification. It is vital to become consistent and persistent when striving to satisfy your educational appetite. Education is the key, the way, and the light. One must keep the **“eye of a tiger”** to be successful in anything that one sets out to do. We must all remember this quote by motivational speaker Les Brown; he states that it is **“better to be prepared and have an opportunity, than to have an opportunity and not be prepared.”**

It is time that all women of color step up to the plate and hit a grand slam, in terms of experiencing the brighter side of life. The time has come that we as a people **“stop blaming others for our own shortcomings”** and stand up in side of ourselves and reach for the stars as a nation of people.....**“YES WE CAN”**.....We

love you!!!



**SOMEONE'S PERCEPTION OF YOU DOES NOT HAVE TO BE YOUR REALITY!!!**

**YOUR HEART  
WILL TELL YOU  
WHAT YOUR  
HEAD CANNOT.  
YOU ARE  
STRONG AND  
YOU ARE WORTH  
IT. SO KEEP  
GOING.  
PERSEVERE. IT  
WILL BE OKAY.**

@goodgirlgoneredne

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**Women of Color**

**Anger Management  
Program**

**NEW Four and Six Week Programs!!!**

**This is an Eight Week Anger Management Program Designed Specifically For Women of Color.**

**This program is designed to help Women of Color alleviate or at best mitigate their internal conflict so that they can clear the dust that hinders their vision.**



**Office: (402) 403-9787**

**Website: [www.ptcei.org](http://www.ptcei.org)**

# Personal Touch & Care

Enterprise, Inc.

The stressors and strains that women of color endure are different from other cultures, for example; being born a woman of color can be (but does not have to be) hazardous to one's mental health, by suppressing their stressors which can block their ability to become a fully functioning human being.

The eight week anger management program provides women of color with the necessary tools to combat their internal conflict. In participating in this program, women of color can develop skills that will allow them to navigate through their environmental and social turbulence.

## ALERT!!!!!!!!!!!!!!!

Women of color are in serious trouble. According to Sociologist and psychologist violence is at an all time high. Out of controlled anger is the number one cause for great bodily harm or death in the women of color arena. This statistic alone is devastating and demands immediate attention. Our hope here at RISE is to help women of color become their own drum majors and navigate their lives in a positive manner

**Call Now!!!!!!!!!!** For **registration** because the classes are filling up quickly. Don't miss this unique opportunity to rise above your environment and soar like a spiritual eagle.

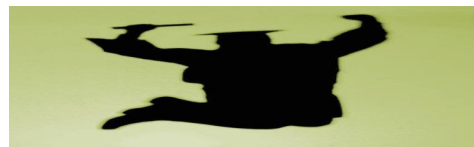
## WHAT MAKES THIS PROGRAM DIFFERENT

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Currently there are no programs that specifically focus on anger management for women of color. This program is designed to zero in on the six contributing factors that women of color are faced with.

- **GEOGRAPHICAL LOCATION**
- **ECONOMIC RESOURCES**
- **EDUCATIONAL ADVANCEMENT**
- **RELATIONSHIPS**
- **FAMILY ISSUES**
- **RACISM/DISCRIMINATION**

## AFTER



## GRADUATION!!!

**IF YOU CAN LOOK UP, YOU CAN GET UP!!!**  
"YOU HAVE NOW MASTERED YOUR ANGER"

# Personal Touch & Care

Enterprise, Inc.

**MISSION:** To empower women of color through personal growth, education and networking with other positive women of color

**PURPOSE:** To provide a safe place where women of color can talk about their psycho-social stressors.

**OUTCOME:** To measure the personal growth of women of color by designing and implementing an violence reduction plan that will ultimately modify their lives.

# YES WE CAN!!!

**For More Information Contact:**  
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