



We accept Connecticut Title XIX (HUSKY) and Blue Cross Blue Shield Insurance as a qualified method of payment for this program and our other therapeutic programming.

Contact us for more information.



HAPPY FAMILY CLINICAL SERVICES LLC

530 STATE STREET
NEW HAVEN, CT 06511

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LESSONS IN FEMALE EMPOWERMENT (L.I.F.E)

TO EMPOWER YOUNG WOMEN TO
ASPIRE TO INSPIRE...



Visit us on the Web at:

WWW.HAPPYFAMILYCS.COM

OUR L.I.F.E. MISSION...

To empower our young women to aspire to inspire, to desire to accomplish great things, to retire from the thoughts that limits themselves and reset the bar at the edge of dreams! To provide them with the tools to build pyramids with their minds, discovering the noblest finds this world has ever seen.



There are steps to achieving your goals and dreams let us help...

WHY L.I.F.E.?

Lessons In Female Empowerment (L.I.F.E.) Program's goal is to provide young women with the faculties to empower themselves to see beyond what is happening to them right now or what happened to them yesterday; to use their current and past to enlighten themselves of what they can do and be in their future.

L.I.F.E. is a place where young girls learn that they can be successful young women, a place where collaboration and business development are fostered through encouragement, to release **the possibility within**. Life becomes L.I.F.E. in three ways:

1. Mentoring/L.I.F.E. Coaching

Each member of the program is provided with a L.I.F.E. Coach who serves as her mentor and empowerment guide. The L.I.F.E. Coach is responsible for setting and assisting their mentee in obtaining "Goal Nuggets." These "Goal Nuggets," are the supporting blocks of the L.I.F.E. member's future. Each "Goal Nugget" represents a hope, dream or accomplishment waiting to be achieved. For this, each L.I.F.E. member will be given tools to document the steps to reaching their dreams.

2. L.I.F.E. Group

Each week the L.I.F.E. members are invited to a group to participate in a group discussion about relevant topics related to women, growth and empowerment. The Happy Family developed L.I.F.E. Curriculum, reflects



topics that rotate on a 10 week cycle, with periodic topic refreshes to remain current. This is a therapeutic group meant to allow L.I.F.E. members to voice their opinion and obtain advice. It is the responsibility of the members to ensure attendance (80% attendance is needed for graduation).

3. LIFE Activity/Graduation

Each group cycle L.I.F.E. members participate in a group activity and graduation. Each activity incorporates empowerment, team work and strength building. Though every member may not be a leader of many, they will be a leader of self!

Our staff are trained in verbal de-escalation, driver safety, community engagement, CPR and First aid and a host of other therapeutic trainings offered by our Therapeutic Programs Department.



Duration:

Mentoring/L.I.F.E Coaching—At least 3 Months

L.I.F.E. Group (ages 18-20)—10 week cycle

Meeting Schedule

Weekly 5:00 pm- 7:00 pm

Meeting Location:

Happy Family Office
530 State Street, New Haven, CT 06511

Transportation Available via LogisicCare
Pizza dinner is served weekly



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Client Referral forms can be found on our website:
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