















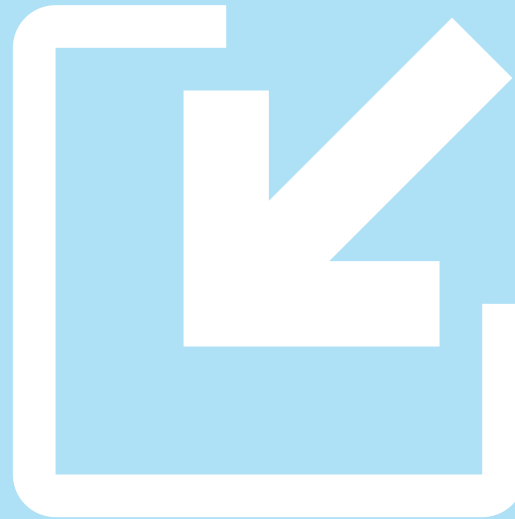
# LINK Up!

## SEPTEMBER 2020

S	M	T	W	T	F	S
30	31 	1	2 	3 	4	5
6	7 	8 	9 	10	11 	12
13	14 	15	16 	17 	18	19
20	21 	22 	23 	24	25 	26

For more information on this calendar please contact RCYC Program Manager,  
Constance Dawes-Shazier at:  
[cdawes-shazier@partnershipfca.com](mailto:cdawes-shazier@partnershipfca.com)

- August 31st at 4:30pm: MINDSET
- September 2nd at 2:00pm: Cheffin It Up Cooking Show
- September 3rd at 2:00pm: Money Talk
- September 7th at 2:00pm: Resilience & at 4:30pm: MINDSET
- September 8th at 2:00pm: Love, Sex, & My Body
- September 9th at 2:00pm: Cheffin It Up Cooking Show
- September 11th at 1:00pm: House Party!
- September 14th at 2:00pm: Resilience & at 4:30pm: MINDSET
- September 16th at 2:00pm: Cheffin It Up Cooking Show
- September 17th at 2:00pm: Money Talk
- September 21st at 2:00pm: Resilience & at 4:30pm: MINDSET
- September 22nd at 2:00pm: Love, Sex, & My Body
- September 23rd at 2:00pm: Cheffin It Up Cooking Show
- September 25th at 1:00pm: House Party!



=MINDSET & RESILIENCE



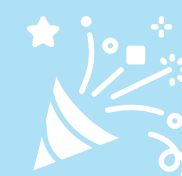
=LOVE, SEX, & MY BODY



=CHEFFIN IT UP

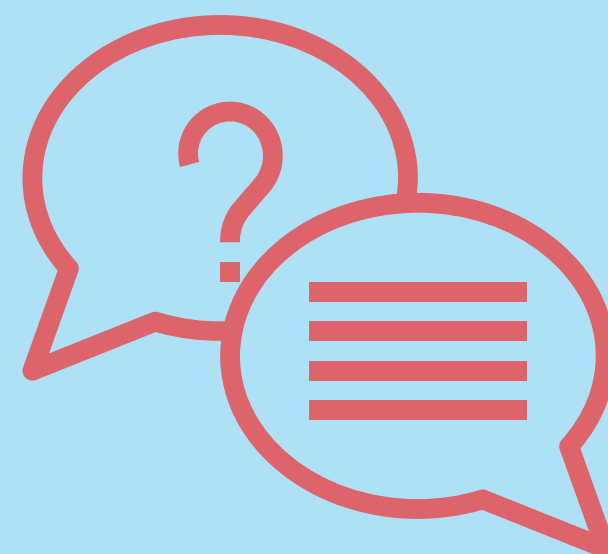


=MONEY TALK



=HOUSE PARTY

# Which LinkUp session is right for me?



## MINDSET

Its not the background you have, not even the skillset that you have, its your mindset that will bring you everything you desire in life. LinkUp to unlock the keys to the life YOU want

## RESILIENCE

Struggling with moving on from your past? You may be a lot stronger than you think. LinkUp to learn how your childhood trauma may be impacting you and what you can do about it... [these sessions will be covering studies on Adverse Childhood Experiences]

## LOVE, SEX, & MY BODY

Everyone knows about it, few willing to talk about it. LinkUp to find out secrets about him, her, hormones, hygiene & more... [these sessions use the Sisters Saving Sisters, Manhood 2.0 curriculums & more...]

## CHEFFIN IT UP

Who doesn't like a good plate of food? LinkUp for RCYC's cooking show-Cheffin it Up & if youre in the Chattanooga area, get a plate!

## MONEYTALK

Its one thing to have a skill, another to make money for it, and certainly another thing to keep the money you make; but how about that money in your sleep? LinkUp to find out more... [these sessions use the Jim Casey Keys to your Financial Future Curriculum]

## HOUSE PARTY

A whole vibe! LinkUp to listen to music, play games, and win prizes!