

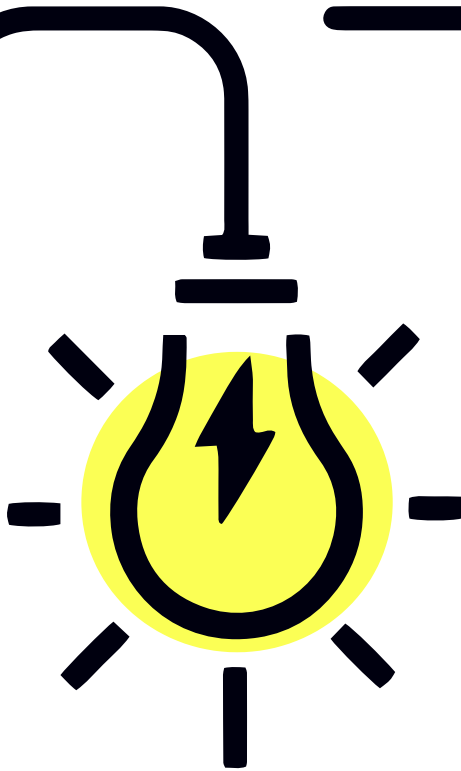
# Family



Lānaʻi Community  
Health Center

# Empowerment

For Lānaʻi Residents, By Lānaʻi Residents



**This program focuses on:**

*Self & Family Stress Management*

*Enhancing Communication Skills*

*Building Family Bonds*

*Community Advocacy*

*Role Model Networks for Lānaʻi*

***(Family Activities provided)***

**Cohort #1 Dates:** 4/21/25 - 5/6/25

**Three Online Zoom Sessions**

**Three In-Person Sessions**

Registration link here: <https://forms.office.com/r/BmuY3Ab3nv>

*Adult participants can qualify for the Gift Card Program of this specific cohort.  
Terms and Conditions apply.*



[www.lanaihealth.org](http://www.lanaihealth.org) (808) 565 - 6919 [wellnessliving@lanaihealth.org](mailto:wellnessliving@lanaihealth.org)

# Family Lānaʻi Community Health Center

# Empowerment

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## Lānaʻi Community Health Center

## Family Empowerment Gift Card Program

Lānaʻi Community Health Center is able to provide, through private grant support, program participants a **\$50 gift card** upon the full completion of Online and In-Person sessions for **Family Empowerment Cohort #1** hosted from April - May 2025.

### How it works:

- Register for family Empowerment Program **Cohort #1**.
- Attend all 3 online Zoom Sessions (\$50 gift card offered upon successful completion)
- Attend all 3 In-Person Sessions (\$50 gift card offered upon successful completion)
- Complete all pre and post class surveys.
- Complete weekly assignments.

### What to expect?

All online and in-person sessions as follows:

**ZOOM SESSIONS at 5:30pm - 4/21, 4/28, 5/5**

- Weekly assignments will come with provided family activities.

**IN PERSON at 5:30pm - 4/22, 4/29, 5/6 (5pm - 7pm)**

- All in-person sessions will have refreshments provided.



**Got questions?**

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Inquiry for LCHC event with Mindy

[wellnessliving@lanaihealth.org](mailto:wellnessliving@lanaihealth.org)