

# ARE YOU TIRED OF JUST GETTING BY?

**Learn how to develop tools and skills to get ahead and go from surviving to thriving.**

**Quality of life takes more than just money.**

**Work with us to identify and build your resources.**

Our Getting Ahead program is a 16-week group workshop to help people stabilize their situations and build resources to improve their lives. The program guides participants through the process of assessing their own lives and circumstances, teaches them how to build those resources and how to develop tools and skills as part of their move to self-sufficiency.

Getting Ahead participants create their own plan for a sustainable life, build healthy relationships with others, set short- and long-term goals, and develop a step-by-step plan to achieve those goals.

Transportation and childcare are available if needed. A meal is always included.

For more information or to register, contact the Family Development Manager at 518-371-1185.

## **In Getting Ahead Workshops, you will:**

- Establish your own achievable short- and long-term goals
- Develop a step-by-step plan to achieve those goals
- Explore resources needed for sustainability
- Build healthy relationships with others
- Improve financial skills
- Begin the process of writing your own future story
- Celebrate your successes!

## **Your Commitment**

As a Getting Ahead participant, we ask that you:

- Make a commitment to attend each class
- Be on time
- Participate in discussions
- Be respectful
- Demonstrate application of what is learned



## WHERE WE ARE

**Go from  
surviving to  
thriving.**

**Build resources.**

**Remove barriers.**

**Get support in  
your journey to  
self-sufficiency.**

**Write your  
own future  
story.**

**For more  
information on  
Getting Ahead,  
contact our Family  
Development Manager  
at 518-371-1185.**

### **CAPTAIN Community Human Services**

#### **Clifton Park Office**

5 Municipal Plaza, Suite 3, Clifton Park, NY 12065  
518.371.1185 (p) | 518.383.7997 (f)

#### **Glenville Office**

543 Saratoga Road, Glenville, NY 12302  
518.399.4624 (p) | 518.399.8663 (f)

#### **Cheryl's Lodge**

25 Fern Lane, Clifton Park, NY 12065  
518.373.8873 (p)

#### **CAPTAIN's Treasures**

1705 Route 9, Clifton Park, NY 12065  
518.383.1788 (p)

#### **Helpful Numbers**

Care Links 518.399.3262  
Street Outreach 518.469.7897  
Youth Shelter 518.584.6042

**For the most up-to-date information  
about our programs and services,  
upcoming events, and more,  
please visit our website:**

**[www.captaincares.org](http://www.captaincares.org)**

**Getting  
Ahead**



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**Community Human Services**

*Lifting people up. Building brighter futures.*

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