



Come as you are to get where you're going

2026 Winter/Spring Programs



# Welcome to Mercy Connections

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## Who We Are:

Mercy Connections is an educational and community resource center that offers a wide variety of classes and programs for adults who are looking to advance themselves through education, mentoring, small business development and community.

We are fortunate to have a dedicated and talented professional staff who facilitate, coach, mentor and are available to help you reach your goals.

Our beautiful center is for everyone. We welcome you and ask that you participate with a kind heart and take good care of the shared space and community.

## Programs & Services Offered:

- ▶ Academic Tutoring
- ▶ Community Meal Programs
- ▶ English Language Learning
- ▶ Inclusive Entrepreneurship
- ▶ Justice, Mentoring & Reentry
- ▶ Personal Growth Education
- ▶ U.S. Citizenship Preparation

## Our Philosophy on Inclusion and Belonging:

Mercy Connections is made up of people from many different backgrounds and lived experiences that include various cultural, religious and language backgrounds. This may also include differing viewpoints, life circumstances and identities. We greatly value the richness that this diversity brings.

We strive to create an environment that is welcoming, safe and inclusive for each person who comes through our doors. One way that we do this is by respecting an individual's identity—whether regarding sexual orientation, gender identity, pronouns, ethnic or racial background, or any other identifying characteristics that people choose to share.

We ask that you contribute to this value of inclusion by treating all those you encounter at Mercy Connections with respect and with kindness.



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# Programs at a Glance

## Personal Growth

- \* Fostering Hope and Strength
- \* Vermont Community Leadership Training
- \* Circle
- \* Pens & Pages Session 1
- \* Pens & Pages Session 2
- \* Ideas Worth Talking About
- \* Inspire Your Life Workshop
- \* Opening to a Growth Mindset Workshop
- \* Connecting Today to the Future Workshop

## Inclusive Entrepreneurship

- \* Idea to Action Small Business Workshop
- \* Topics in Entrepreneurship for English Language Learners
- \* Introduction to Small Business
- \* Founders & Friends
- \* Business Owner Wellness Workshop Series
- \* Start Up Online Business Planning Class

## English Language Learning (ELL)

- \* Beginning English Level 1 - Mornings, Afternoons, OR Evening (choose one)
- \* Beginning English Level 2
- \* Intermediate English Level 3-A
- \* High- Intermediate English Level 3-B
- \* Topics in Entrepreneurship for English Language Learners
- \* Intermediate English Conversation Class

## Tutoring

- \* U.S. Citizenship Preparation
- \* Academic Support
- \* English Language Learning

## Justice, Mentoring & Reentry

- \* Vermont Women's Mentor Training
- \* Mentor Support Group
- \* Opening to a Growth Mindset
- \* Fostering Hope & Strength
- \* Communications 101
- \* Circle

## Community Meals

- \* Community Lunch

## Need Assistance Registering?

**Learn More Online:**  
[www.mercyconnections.org](http://www.mercyconnections.org)

**With Registration:**  
Call the instructor listed for the program

**All Other Questions:**  
802-846-7063

# 2026 Winter/Spring Schedule of Programs

January 20 – June 11

\*More Classes to be Added in March\*

	Monday	Tuesday	Wednesday	Thursday
Morning Classes			Intro To Small Business (Online) 10:00 am - 12:00 pm	US Citizenship Tutoring 9:00 am - 10:30 am
		English Language Learning Tutoring 9:30 am - 11:30 am	Beginning English Level 1 (Mornings) 11:00 am - 12:30 pm	Inspire Your Life 9:00 am - 11:00 am
		Idea To Action (Online) 10:00 am - 12:00 pm	Intermediate English Conversation Class 11:00 am - 12:15 pm	Vermont Community Leadership Training 9:00 am - 11:00 am
	Beginning English Level 1 (Mornings) 11:00 am - 12:30 pm	Weekly Small Business Office Hours 1:00 pm - 2:30 pm	Ideas Worth Talking About 1:00 pm - 3:00 pm	Weekly Small Business Office Hours 10:00 am - 11:30 am
	Fostering Hope & Strength (In-person) 1:00 pm - 3:00 pm	Fostering Hope & Strength (Online) 1:00 pm - 2:30 pm	English/Small Business Topics in Entrepreneurship 3:30 pm - 5:00 pm	Circle 11:00 am - 11:50 am
	Opening to a Growth Mindset 1:00 pm - 3:00 pm	Beginning English Level 1 (Afternoons) 1:30 pm - 3:00 pm	Beginning English Level 2 3:30 pm - 5:00 pm	Community Lunch 12:00 pm - 1:00 pm
	Connecting Today to the Future 1:00 pm - 3:00 pm	English Language Level 3-B High Intermediate 3:30 pm - 4:45 pm	All Tutoring 5:00 pm - 7:00 pm Starts March 4	Beginning English Level 1 (Afternoons) 1:30 pm - 3:00 pm
Afternoon/Evening Classes	English Language Level 3-A Intermediate 3:30 pm - 4:45 pm		Small Business Start-Up (Online) 5:00 pm - 7:30 pm	Pens & Pages Session 1 1:30 pm - 4:00 pm
	Beginning English Level 2 3:30 pm - 5:00 pm		Beginning English Level 1 (Evenings) 5:30 pm - 7:00 pm Starts March 4	Pens & Pages Session 2: Memoir Writing 1:30 pm - 4:00 pm
			Vermont Women's Mentor Training (Online) 5:30 pm - 7:30 pm	

# Personal Growth Programs



## Fostering Hope and Strength

Taught by Heather Gilbert

### In-person at Mercy Connections

Mondays, January 26 - March 09

1:00 pm - 3:00 pm

### Online

Tuesdays, January 27 - March 10

1:00 pm - 2:30 pm

This course cultivates personal and group reflection of qualities that can be positive forces in our lives and communities. Participants will explore weekly topics such as strength, hope, gratitude, and more, in a peaceful space for learning and sharing. Each week also brings a challenge and an invitation to practice new skills in between classes.

**Participants have the option to register for EITHER the in person class or the online class, but not both. The classes are not interchangeable.**

**Sign up online or contact Heather Gilbert at 802-846-7294 or [hgilbert@mercyconnections.org](mailto:hgilbert@mercyconnections.org).**

**Registration Deadline:** January 25



## Workshop: Opening to a Growth Mindset

Mondays, March 23 - April 6

1:00 pm - 3:00 pm

In-person at Mercy Connections

Taught by Heather Gilbert

Participants will learn about “growth mindset” and how to incorporate it into their lives. Through activities and reflections, they will explore how to value their efforts, develop their persistence, embrace challenges and mistakes as opportunities, and grow towards their desired balance of basic needs for love, freedom, power, and fun.

**Sign up online or contact Heather Gilbert at 802-846-7294 or [hgilbert@mercyconnections.org](mailto:hgilbert@mercyconnections.org).**

**Registration Deadline:** March 22

# Personal Growth Programs



## Workshop: Connecting Today To The Future

Mondays, April 13 - April 27

1:00 pm - 3:00 pm

In-person at Mercy Connections

Taught by Heather Gilbert

Participants will be guided to identify a key motivating factor in their lives and then combine it with the creation of a personal mission statement. They then explore how to use this vision to move towards their hopes for the future.

**Sign up online or contact Heather Gilbert at 802-846-7294 or [hgilbert@mercyconnections.org](mailto:hgilbert@mercyconnections.org).**

**Registration Deadline:** April 12



## Ideas Worth Talking About

Wednesdays, January 21 - March 25

1:00 pm - 3:00 pm

In-person at Mercy Connections

Taught by Heather Gilbert

Find inspiration and great discussion at this drop-in community-building program where participants will watch brief TED Talks or other thought-provoking videos and then engage in a facilitated discussion of the ideas presented.

Register once to attend one or more sessions over the course of the semester.

**Sign up online or contact Heather Gilbert at 802-846-7294 or [hgilbert@mercyconnections.org](mailto:hgilbert@mercyconnections.org).**

**Registration is ongoing**

# Personal Growth Programs



## Workshop: Inspire Your Life

Thursdays, January 22 - February 5

9:00 am - 11:00 am

In-person at Mercy Connections

Taught by Heather Gilbert

Where do you find inspiration in your life? Looking at examples in language, arts, people and writing, participants reimagine what inspires them and brings joy to their lives. They will learn how creativity can expand their potential to adapt, grow and move forward.

**Sign up online or contact Heather Gilbert at 802-846-7294 or [hgilbert@mercyconnections.org](mailto:hgilbert@mercyconnections.org).**

**Registration Deadline:** January 21



Thursdays, January 22 - June 11

11:00 am - 11:50 am

In-person at Mercy Connections

Facilitated by Ann Duhaime, RSM

Circle is a supportive, facilitated group experience where people can take time to reflect on peace, hope and healing in a nurturing community with others. Participants find renewal and gain strength as they listen to and talk about their experiences. This program requires registration and begins right at 11:00 AM, but participants can drop in over the semester without attending weekly.

**Sign up online or contact Heather Gilbert at 802-846-7294 or [hgilbert@mercyconnections.org](mailto:hgilbert@mercyconnections.org).**

**Registration Deadline:** Ongoing

# Personal Growth Programs



## Vermont Community Leadership Training

Thursdays, February 19 – May 28

9:00 am - 11:00 am

In-person at Mercy Connections

Taught by Heather Gilbert

This one-of-a-kind leadership and civic experience program combines self-designed community-based projects, field trips, and presentations from diverse leaders, as well as leadership and self-awareness activities. The first half of the semester will be focused primarily on exploring qualities of a leader, different leadership styles, and building confidence to develop one's own style. Then the group will explore application of what they have learned and identify leadership projects in their own lives, which they will present at the end of the semester. A final presentation is a requirement for successful completion of the class.

This program is considered an advanced-level Personal Growth program and therefore has some requirements for participation:

- A brief written application and interview;
- Either:
  - successful completion of other Mercy Connections Personal Growth program(s)
  - OR a recommendation from a teacher, friend, colleague or community member who can speak to your strengths and why they think you're ready to become more of a leader
- Observable ability to manage time and consistently attend classes, participate actively, be organized and prepared for class, communicate in a thoughtful and respectful manner with diverse groups of people (or this can be addressed in the recommendation letter).

**An application is required. Contact Heather Gilbert at 802-846-7294 or [hgilbert@mercyconnections.org](mailto:hgilbert@mercyconnections.org).**

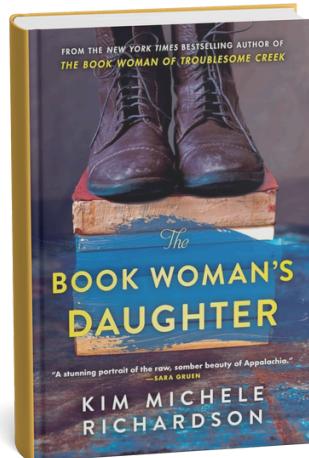
**Registration Deadline:** Completed application due by February 17

# Personal Growth Programs



## Pens & Pages Session 1

Thursdays, January 22 - March 26  
1:30 pm - 4:00 pm  
In-person at Mercy Connections  
Taught by Melissa Lang & Peter Burns



Participants in this class will read and discuss Kim Michele Richardson's *The Book Woman's Daughter*, a sequel to *The Book Woman of Troublesome Creek*. It is not necessary for students to have read the first book.

In this fictional novel, based on historical facts, Richardson tells the tale of Honey Lovett, the daughter of famed Pack Horse Librarian, Cussy Carter. Honey carries on her mother's work to bring books to the people of the Appalachian Mountains of Kentucky through the government's Pack Horse Librarian Project of the 1930s. Honey brings empowerment, freedom, and the knowledge that can come from reading, to the people of the hills. She must have grit and determination as she faces challenges with the geography of the land, the stigma that follows her family, the Blue Fugates, and her family history.

Each week, students read approximately 30 pages of the book to discuss in class. They are also expected to produce one piece of writing weekly, choosing from a list of prompts. In class, they share their writings and provide feedback to peers with the goal of helping each other become stronger writers.

This class is designed for native English readers, writers and speakers, as well as advanced-level English Language Learners.

**Sign up online or contact Melissa Lang at 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org).**

**Registration Deadline:** January 15

*Books will be provided free of charge for participants, thanks to the generosity of Vermont Humanities.*

# Personal Growth Programs



## Pens & Pages Session 2: Exploring Memoir Writing

Thursdays, April 9 - June 11

1:30 pm - 4:00 pm

In-person at Mercy Connections

Taught by Melissa Lang

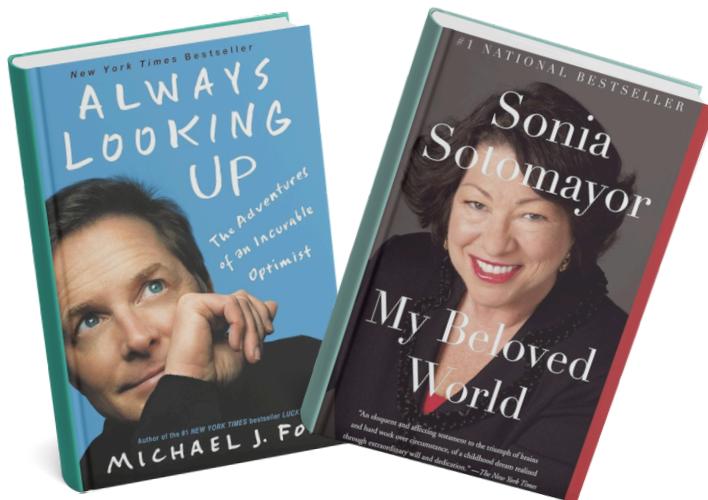
Students in this class will read and discuss excerpts of popular memoirs written by authors such as Supreme Court Justice Sonia Sotomayor, Comedian Trevor Noah, Actor Michael J. Fox, retired politician Gabrielle Giffords, Former First Lady Michele Obama, and more. Using these writers as models, along with a guide to memoir writing, "Write it all Down," by Cathy Rentzenbrink, we will study and practice critical elements of memoir writing.

Participants can expect to learn the difference between autobiography and memoir, how to narrow down topic choices, the importance of organization and outlining, as well as how to thread a theme across various written memoir pieces. Students will also learn the art of revising, and the mechanics of editing. Students should expect to read one chapter or excerpt per week, and to complete one writing assignment each week.

**Sign up online or contact Melissa Lang at 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org).**

**Registration Deadline:** April 2

*Books will be provided free of charge for participants, thanks to the generosity of Vermont Humanities.*



# Inclusive Entrepreneurship Programs



## Idea to Action Small Business 3-Day Workshop (Online)

Tuesdays, January 20, 27 and February 03

10:00 am - 12:00 pm

Online

Taught by Ruchi Nadkarni

This is a six-hour workshop that spans over the course of three sessions, each two hours long. The workshop is designed to introduce aspiring adult entrepreneurs to self-employment and to assist with creating a vision and a plan for a path forward that includes business ownership. Space is prioritized for new participants.

Idea to Action will be taught again, in person, in the spring. Dates will be announced in March.

**Sign up online or contact Ruchi Nadkarni at 802-846-7081 or [Rnadkarni@mercyconnections.org](mailto:Rnadkarni@mercyconnections.org).**

**Registration Deadline:** Prior to the beginning of class



## Topics in Entrepreneurship for English Language Learners

Mondays, January 21- March 11

3:30 pm - 5:00 pm

In-person at Mercy Connections

Taught by Ruchi Nadkarni and Maxine McGowan

This student-centered class introduces topics related to starting a business in Vermont, and is co-taught by instructors from the Inclusive Entrepreneurship and English Language Learning programs. Each class will include vocabulary instruction and examples of cultural practices essential for exploring entrepreneurship. Students will have opportunities to practice open conversations and learn directly from business owners.

### Registration Requirements

This class is designed for intermediate - to - advanced level English Language Learners. Interested students should contact Raquel Aronhime and will need to be assessed for level of English prior to enrolling. Contact [raronhime@mercyconnections.org](mailto:raronhime@mercyconnections.org) or (802) 846-7162

**To register: contact Raquel Aronhime at 802-846-7162 or [raronhime@mercyconnections.org](mailto:raronhime@mercyconnections.org).**

**Registration Deadline:** January 15

# Inclusive Entrepreneurship Programs



## Introduction to Small Business (Online)

Wednesdays, January 28 - March 18

10:00 am - 12:00 pm

Online

Taught by Ruchi Nadkarni

In this introductory series, participants can learn about a variety of topics to support them in starting and operating their small business in Vermont. Register once and attend all or just drop in for the sessions that are of interest to you.

Session topics:

1. Design Your Business Model Using the Business Model Canvas
2. How to Register Your Business
3. Intro to Marketing and Branding
4. How to Create Your Own Website
5. Intro to Business Finance & Bookkeeping
6. Paying Yourself and Your Taxes as a Small Business Owner
7. Managing Risk for Your Business
8. Time Management for Business Owners

**Sign up online or contact Ruchi Nadkarni at 802-846-7081 or [Rnadkarni@mercyconnections.org](mailto:Rnadkarni@mercyconnections.org).**

**Registration Deadlines:** Prior to the beginning of each class/ongoing.

# Inclusive Entrepreneurship Programs



## Founders & Friends: A Night To Connect + Collaborate

March, date to be determined

We're piloting a community-centered mentorship and networking event casual, lightly facilitated, and designed to spark new connections. Entrepreneurs, alumni, and mentors gather to share ideas, offer support, and explore potential collaborations. No ongoing commitment expected; just show up and engage.

We're currently piloting this format. Help shape the future of the Mixer! We especially welcome your input and feedback as we continue to pilot this event over the coming semester.



## Weekly Small Business Office Hours

Starting January 21

Tuesdays, 1:00 pm - 2:30 pm

Thursdays, 10:00 am - 11:30 am

In-person at Mercy Connections or Zoom (by appointment)

Our open-door weekly office hours are here to help you move forward quickly and with confidence. Reserve a 30-minute appointment to bring your business questions, challenges, or next steps. We'll work through them together and follow up with relevant resources, templates, and referrals as needed.

How it Works:

- Schedule online (Calendly or call)
- Bring 1-2 clear focus areas
- Leave with tangible steps and tools



## Business Owner Wellness Workshop Series

Spring dates to be determined

Online

Taught by Ruchi Nadkarni

Business owners are invited to gather in community to brush up on essential tools, tricks and skills for running a business. Register once and attend all of the sessions, or just attend for topics that interest you. Topics to be announced! Stay tuned.

**To register for these events, sign up online or contact Ruchi Nadkarni at 802-846-7081 or [Rnadkarni@mercyconnections.org](mailto:Rnadkarni@mercyconnections.org). Register prior to the beginning of each event.**

# Inclusive Entrepreneurship Programs



## Start Up Online Business Planning Class (Cohort 72)

Wednesdays, January 21 - May 06

5:00 pm - 7:30 pm

Online

Instructed by Ruchi Nadkarni, Nicole Morris & Gwen Pokalo Hart

Start Up is a semester-long business planning course for women, transgender, nonbinary, and gender non-conforming adults.

The class has a 30+ year history, and many local business owners have been through the course and gone on to operate successful businesses. The curriculum covers the fundamentals of business planning through three content areas in depth: marketing, finance, and operations, and is taught by instructors who are also women business owners. In addition to gaining expertise in these areas, we'll connect as a group around the business planning process, personal wellbeing, and the realities of business ownership.

You will graduate knowing what you need to do to start and operate a successful business, and you'll have completed a comprehensive, realistic business plan that you can use to guide you and to take to a lender if you decide you'll need funding. This course is also great for people who are already in business and want to reinvent their business or take it to the next level.

### **Tuition & Assistance:**

The tuition for the course is \$2,500, and mandatory fees include a \$25 application fee and a \$90 license fee for a dedicated LivePlan account for 6 months (online business planning software).

We are grateful to partner with VSAC to offer Advancement Grants to cover the cost of tuition for income-eligible students.

Students who are not awarded a VSAC grant may qualify for flexible, interest-free payment plans and a sliding scale tuition reduction. A 5% discount for full payment up front before the first class is also available.

**Apply online or contact Ruchi Nadkarni at 802-846-7081 or [Rnadkarni@mercyconnections.org](mailto:Rnadkarni@mercyconnections.org).**

**Application Deadline:** January 10

# English Language Learning Classes



## English Language Conversation (Intermediate Level – 8 weeks only)

11:00 am - 12:15 pm, January 21 - March 11

In-person at Mercy Connections

Taught by Melissa Lang

This eight-week Conversation Class is intended for adult intermediate -level English Language students.

Participants will improve their English conversation skills in this fun and engaging class with activities focused on oral communication, listening comprehension, learning about the U.S., and cross-cultural exploration.

Contact Melissa Lang at 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org) or Raquel Aronhime at 802-846-7162 or [aronhime@mercyconnections.org](mailto:aronhime@mercyconnections.org).

Registration Deadline: January 14



## Beginning English Level I (Mornings OR Afternoons)

Mondays and Wednesdays, January 21 - June 10

OR

Tuesdays and Thursdays, January 20 - June 10

1:30 pm - 3:00 pm

In-person at Mercy Connections

Taught by Veronica Bernicke

This group class is intended for adult beginning-level ELL students for whom English is a new language.



**Students choose  
ONE time option.**

The class will include instruction in the four main skill areas of ELL development: reading, writing, listening and speaking, with a strong emphasis on pronunciation. Instruction will also focus on survival English skills, studying the letter sounds in English, greetings, introducing oneself, asking/answering simple questions and basic conversation skills.

Contact Veronica Bernicke at 802-846-7086 or [vbernicke@mercyconnections.org](mailto:vbernicke@mercyconnections.org) or contact Raquel Aronhime at 802-846-7162 or [aronhime@mercyconnections.org](mailto:aronhime@mercyconnections.org).

Registration Deadline: January 14

# English Language Learning Classes



## Beginning English Level I (Evenings)

Wednesdays, March 4 - June 10  
5:30 pm - 7:00 pm  
In-person at Mercy Connections

This group class is intended for adult beginning level English language learning (ELL) students for whom English is a new language. The class will include instruction in the four main skill areas of ELL development: reading, writing, listening and speaking. Instruction will also focus on survival English skills, including essential vocabulary for everyday life, studying the letter names and sounds in English, greetings, asking/answering simple questions, and basic conversation skills.

Contact Veronica Bernicke at 802-846-7086 or [vbernicke@mercyconnections.org](mailto:vbernicke@mercyconnections.org) or contact Raquel Aronhime at 802-846-7162 or [aronhime@mercyconnections.org](mailto:aronhime@mercyconnections.org).

**Registration Deadline:** January 14



## Beginning English Level II

Mondays and Wednesdays, January 21 - June 10  
3:30 pm - 5:00 pm  
In-person at Mercy Connections

This group class is intended for adult beginning level ELL students who already have some basic English language skills and have mastered our Beginning English Level I skills. Instruction in Beginning Level II will include increasingly complex reading, writing, listening and speaking skills that facilitate communication throughout the community. There will be greater focus on mastering, memorizing and pronouncing the past-tenses. Additionally, students will continue to gain flexibility in their ability to move between the past and present tenses in order to communicate about their lives and the world around them.

### **Registration Requirements:**

Basic English language skills and completion of the Beginning English Level I course.

Contact Veronica Bernicke at 802-846-7086 or [vbernicke@mercyconnections.org](mailto:vbernicke@mercyconnections.org) or contact Raquel Aronhime at 802-846-7162 or [aronhime@mercyconnections.org](mailto:aronhime@mercyconnections.org).

**Registration Deadline:** January 14

# English Language Learning Classes



## English Language Level 3-A Intermediate

Mondays, January 26 – June 08

3:30 pm – 4:45 pm

In-person at Mercy Connections

Taught by Melissa Lang

This ELL class is designed for intermediate level students who want to gain a deeper understanding of English skills through focus on reading, writing, and grammar skills. Students can expect to increase their ability to use English grammar and vocabulary. Students should have successfully completed Level II English or be assessed to ensure they are at an intermediate level.

**Contact Melissa Lang at 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org).**

Registration Deadline: January 14



## English Language Level 3-B High Intermediate

Tuesdays, January 20 – June 9

3:30 pm – 4:45 pm

In-person at Mercy Connections

Taught by Melissa Lang

This ELL class is designed for intermediate level students who want to gain a deeper understanding of English skills through focused listening, speaking, reading, and writing. Students can expect to increase their ability to use English grammar and vocabulary. Students should have successfully completed Level II English or be assessed to ensure they are at a high intermediate level.

**Contact Melissa Lang at 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org).**

Registration Deadline: January 14

# English Language Learning Classes



## Topics in Entrepreneurship for English Language Learners

Wednesdays, January 21- March 11

3:30 pm - 5:00 pm

In-person at Mercy Connections

Taught by Maxine McGowan and Ruchi Nadkarni

This student-centered class introduces topics related to starting a business in Vermont, and is co-taught by instructors from the Inclusive Entrepreneurship and English Language Learning programs. Each class will include vocabulary instruction and examples of cultural practices essential for exploring entrepreneurship. Students will have opportunities to practice open conversations and learn directly from business owners.

### Registration Requirements

This class is designed for intermediate-to-advanced level English language learners. Interested students should contact Raquel to arrange a review of English level prior to enrolling.

Contact Raquel Aronhime at **802-846-7162** or [aronhime@mercyconnections.org](mailto:aronhime@mercyconnections.org)

Registration Deadline: January 15

# Tutoring Programs

**Note: This is not a drop-in program. Each student is paired with their own tutor and commits to a 90-minute time slot each week at the same time and on the same day at Mercy Connections.**



## US Citizenship Preparation

See below for dates

In-person at Mercy Connections

One weekly 90-minute appointment:

Wednesdays 5:00 pm - 7:00 pm (March 4 - June 10)

Thursdays 9:00 am - 10:30 am (January 22 - June 11)

Adult learners are matched with skilled tutors, one-on-one, to prepare for their U.S. Citizenship Test & Interview. Students meet in our center, and the program is staffed and facilitated by our Program Coordinator.

We recommend that students register for this program before submitting the N-400 application. Upon enrollment, students will meet with the Program Coordinator to learn the process of studying and then applying for U.S. Citizenship. In weekly tutoring sessions, students will study the content and language of the U.S. Citizenship Test and Interview, will learn what to expect in the interview, and will have the opportunity to practice mock interviews.

**To register contact Melissa Lang at 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org).**

**Registration Deadline:** Ongoing. When tutoring slots are full, we maintain an active waitlist.



## Academic Support

March 4 - June 10

In-person at Mercy Connections

One weekly 90-minute appointment:

Wednesdays 5:00 pm - 7:00 pm

Adult learners are matched with skilled, trained tutors, one-on-one, to improve academic skills. Each student is provided with an individualized educational support plan. Students meet with their tutor in the center, and the program is facilitated by the Tutoring Program Coordinators.

**To register contact Melissa Lang at 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org).**

**Registration Deadline:** Ongoing. When tutoring slots are full, we maintain an active waitlist.

# Tutoring Programs

**Note: This is not a drop-in program. Each student is paired with their own tutor and commits to a 90-minute time slot each week at the same time and on the same day at Mercy Connections.**



## English Language Learning (ELL)

In-person at Mercy Connections

One weekly 90-minute appointment:

Tuesdays, January 20- June 9

9:30 am - 11:30 am

Wednesdays, March 4 - June 10

5:00 pm - 7:00 pm

Adult learners are matched with skilled, trained tutors, one-on-one, to improve English language learning skills.

Each student is provided with an individualized educational support plan. Students meet in our center, and the program is staffed and facilitated by the ELL/Tutoring Program Coordinators.

**To register contact Melissa Lang at 802-846-7084 or [mlang@mercyconnections.org](mailto:mlang@mercyconnections.org).**

**Registration Deadline:** Ongoing. When tutoring slots are full, we maintain an active waitlist.

# Justice, Mentoring & Reentry Programs



## Vermont Women's Mentor Training

Wednesdays, January 14 - February 11

5:30 pm - 7:30 pm

Online

Facilitated Joanne Nelson & Kelly Moran

Volunteer mentors support, coach, and function as new, healthy companions to trauma-affected mentees facing many challenges and barriers while incarcerated and beyond.

Pairs are carefully matched, and training will provide the tools needed to be a successful mentor. Mentoring is a yearlong commitment. We welcome all people who identify as women regardless of assignment at birth, transgender, non-binary, gender non-conforming and gender-expansive folks who are comfortable in a woman-centered space to join the training.

After registering, you will receive the Zoom link ahead of the start of training.

**Register online, or contact Joanne Nelson at [802-846-7164jnelson@mercyconnections.org](mailto:802-846-7164jnelson@mercyconnections.org).**

Registration Deadline: January 13



## Mentor Support Group

Alternating Mondays and Wednesdays from 5:30 pm to 7:30 pm

January 26, Online

February 23, Online

March 25, In-person at Mercy Connections

April 20, In-person at Mercy Connections

May 20, In-person at Mercy Connections

June 22, In-person at Mercy Connections

Facilitated by Joanne Nelson & Kelly Moran

This monthly support group is for mentors paired with justice-involved women to ask questions and share experiences in a supportive and confidential round robin.

**Register with Joanne Nelson, [jnelson@mercyconnections.org](mailto:jnelson@mercyconnections.org).**

# Justice, Mentoring & Reentry Programs



## Opening to a Growth Mindset

Tuesdays, January 13, 20, 27

Evenings

Chittenden Regional Correctional Facility (CRCF)

Heather Gilbert & Kelly Moran

Participants will learn about “growth mindset” and how to incorporate it into their lives. Through activities and reflections, they will explore how to value their efforts, develop their persistence, embrace challenges and mistakes as opportunities, and grow towards their desired balance of basic needs for love, freedom, power, and fun.

**Open to CRCF participants only**



## Fostering Hope & Strength

Tuesdays, February 10, 17, 24 and March 3, 10, 17

Chittenden Regional Correctional Facility (CRCF)

Evenings

Heather Gilbert & Kelly Moran

This course cultivates personal and group reflection of qualities that can be positive forces in our lives and communities. Each week participants will be led through consideration of a particular topic, such as strength, hope, gratitude, and more, in a peaceful space for learning and sharing. Each week also brings a challenge and an opportunity to practice new skills in between classes.

**Open to CRCF participants only**

# Justice, Mentoring & Reentry Programs



## Communications 101

Tuesdays, March 31, April 7, 14, 21, 28

Chittenden Regional Correctional Facility (CRCF)

Evenings

Heather Gilbert & Kelly Moran

This workshop series focuses on strengthening communication, resilience, and collaboration in the workplace. Participants will begin by developing greater self-awareness and emotional regulation through a growth-mindset framework, then build practical communication skills for giving and receiving feedback and working effectively together.

The program continues with strategies for navigating conflict and understanding the “hidden rules” that shape interactions, using scenarios to apply learning. It concludes with an exploration of what success looks like, both individually and collectively, emphasizing healthy boundaries, self-care, and sustainable habits.

**Open to CRCF participants only**



Tuesdays, May 5 & 12

Evenings

Chittenden Regional Correctional Facility (CRCF)

Heather Gilbert & Kelly Moran

Circle is a supportive experience where people can take time to reflect on peace, hope and healing. Participants may find renewal and gain strength as they listen to and talk about experiences. This is a special time to feel part of a nurturing community and imagine new possibilities.

**Open to CRCF participants only**

# Community Meal Program

Meal programs are open to Mercy Connections participants currently enrolled.



## Community Lunch

Thursdays

January 22 - June 11

12:00 pm - 1:00 pm

In-person at Mercy Connections

Join one of the most embraced traditions of Mercy Connections! Every Thursday, participants may stop by and join Mercy Connections' staff and community partners for a delicious lunch in the spirit of collaboration.

Everyone will stand in a circle and listen to a reading of a reflection, followed by announcements, and a meal together. Come by to practice your English, make new friends, learn more about community initiatives and feel a part of the community at Mercy Connections.

All participants are welcome.

Registration: Not required

# Where Learning & Living Come Together

At Mercy Connections, every person - regardless of life circumstances - experiences dignity, compassion and the opportunity to pursue personal aspirations within a supportive community. Our programs change lives.



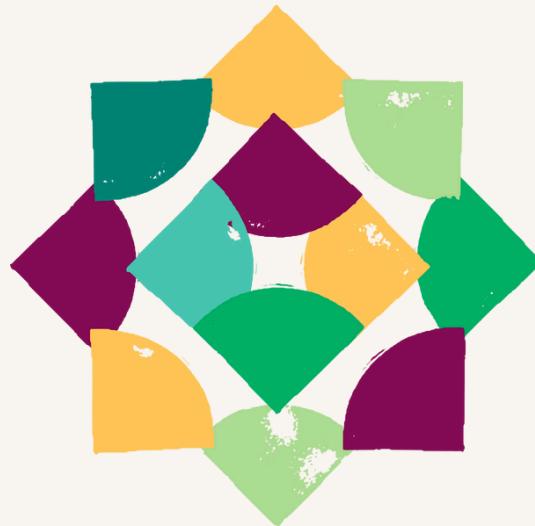
## Questions?

### Contact:

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