

About the Project Director

Joy Bergfalk has been working with people with deep life hurts for over 30 years. Her education, training, study, and experience has centered around helping people be whole and empowered.

Joy has worked (and often lived) with a diverse cross section of people: Women, men, couples, youth, children, Hispanic, African-American, Asian, disabled, mental health consumers, folks with addictions, victims and abusers, from all socio-economic and ethnic backgrounds. Joy is fluent in Spanish and has lived in Mexico, Honduras, and Germany.

Since childhood Joy has sought to understand why people think and act as they do (including herself!!!) Joy believes that nothing comes out of a vacuum—there is a reason why we think and act as we do—reasons, not excuses. From her experience and study, she believes that our unhelpful thoughts and behaviors arise out of life wounds and unhealthy family patterns (which all families have!!). Healing happens in a variety of ways. Talk therapy is important but sometimes does not release the energy needed to heal. Joy also believes that we heal as we are a healing presence in others' lives.



Joy adopted and collected children from Guatemala, France, and an African/American/Jamaican background. For her BA and MDiv. Degrees, Joy studied humanities, religion, and working with people.

Mary Kay Hausladen, LMSW,
research assistant.

What others are saying:

...I have learned to feel good about myself so I can take the necessary steps to live life as I wish to. Learning to care for myself empowers me to care for others in a healthier way. Being centered and aware of God's presence gives me strength even when I feel hopeless.

...I realized how hectic my life is. I have felt peaceful tonight and that is very healing.

...Joy sees the whole picture, digging deep to find how all the pieces fit together.

...I have learned how to center and calm myself when feeling frightened and anxious.

...Sessions and groups with Joy are warm, funny, calming, challenging, and filled with unconditional acceptance.

...I have learned to use language that is assertive and respectful at the same time.

...Joy's personal sharing of her journey is always touching.

If you want to know more about Project Empower, please contact Joy:

585-256-3384

joyannette@juno.com

Grant funding for Project Empower is pending. Much support will be needed by the community. If you would like to support this project in some way, please contact Joy.



PROJECT EMPOWER

A holistic program designed to empower women to live into their full potential



**Life Listening Resources
At Labyrinth House**

2071 Westfall Road, Rochester, NY 14618
585-256-3384 • Fax: 585-256-2826
www.lifelisting.com
www.safeplacenet.org



Healing

Imagine...

- ...having a sense of peacefulness and strength within*
- ...fear transformed into courage*
- ...being a victim no longer*
- ...freedom from crushing grief*
- ...holding your ground in conflict*
- ...relief from life wounds*
- ...being whole*
- ...making decisions authentic to your journey*
- ...breaking through barriers that hold you back*
- ...freedom to pursue your life's dreams*



Community

Imagine...

- ...not being alone but connected to others*
- ...standing with others in their needs*
- ...a place of unconditional acceptance*
- ...having your own cheerleading team*
- ...fun, laughter, sharing, and support*
- ...a more peaceful home*

For Women Of All Walks of Life

Including...

- Women From The Suburbs
- Women From The Country
- Women From The City
- Women Of All Colors & Sizes
- Women In Recovery
- Women At The Margins Of Society



You Can Be Free To Live To Your Full Potential

What is required...

- A Desire To Grow, Even If It Is Just A Little Mustard Seed
- A Commitment To Four Weeks At A Time For 2 ½ Hours A Week
- Fees Appropriate To Your Income Level (Sliding Fee Scale)

What you will gain...

- Self-Understanding
- Self-Calming
- Self-Care
- How To Laugh More
- Communication & Healing Skills
- Respect For Yourself & Others

Learning

Imagine...

- ...self calming and healing tools*
- ...effective communication skills*
- ...how life wounds hold us back*
- ...skills to improve family life*
- ...how healing happens*
- ...contributing to research to help others*
- ...learning how to deal with difficult people*



Training

Imagine...

- ...learning to stand with others who need empowering*
- ...mentoring others*
- ...teaching others skills that you have learned*
- ...teaching your children self-esteem, centering, and communication skills*
- ...being a leader in Project Empower*