



**Ladies! Join us Thurs., March 13  
for the C.O.N.T.R.O.L. Program  
NOTE NEW START DATE MARCH 13!**

*This is a six-week structured course designed specifically for Catholic women to help improve life management skills by addressing the unique challenges women often face.*

*Through the use of prayer, scripture, and virtues, this program is designed to look at seven aspects of daily life including time management, financial responsibilities, household organization under the guidance of the Holy Spirit.*

*Your six-week Lenten journey begins Thursday, March 13 at 930A to 11A, and continues March 20, 27 & April 3, 10, 24. We'll meet in the small side room of the Hall. Snacks and coffee will be provided. Cost is \$20.00 for supplies.*

**Questions** and/or registration please contact Donna Helgeson at (530) 282-2132 or by email at [dhelg66@gmail.com](mailto:dhelg66@gmail.com).