



## Getting Ahead in a Just-Gettin'-By World

If you've spent part of your life - or most of your life - struggling to get by in the world, the idea of actually getting ahead might seem out of reach. But even if your story has been filled with barriers, vanishing opportunities, and setbacks, the next chapter can change all that. Yes, you have to write it, but you don't have to do it alone.

*Getting Ahead in a Just-Gettin'-By World* takes you step by step through a discovery of yourself like no other. It's not just about how you got where you are now. It's also about what comes next to build the life you want. Plus, we help you develop relationships with people who will support you along the way.

You will investigate:

- The realities of conditions in your community and how they impact you.
- Some of the "hidden rules" for getting ahead.
- Skills that give you confidence to do what it takes to get ahead.
- How to build resources and make connections at work and home.
- Ways to deal with change and create stability in your life.

Workshops are weekly for 10 weeks. Meals and snacks are provided. At week 10, Investigators will receive a \$300 VISA card for sharing their thoughts, ideas and experiences.

**Check for open classes and register on our website: [www.lincolnfoodbank.org](http://www.lincolnfoodbank.org)**

Visit our website and click on Services/Workshops/Getting Ahead or visit the URL below.

[www.lincolnfoodbank.org/getting-ahead-in-a-just-gettin-by-world/](http://www.lincolnfoodbank.org/getting-ahead-in-a-just-gettin-by-world/)

### Questions?

Contact Georgann Roth at [groth@lincolnfoodbank.org](mailto:groth@lincolnfoodbank.org) or 402-819-6481.



1221 Kingbird Road, Lincoln, NE 68521  
402-466-8170 | [www.lincolnfoodbank.org](http://www.lincolnfoodbank.org)  
This institution is an equal opportunity provider.



Scan here  
for more  
Information.

