

## KANISHA'S JOURNEY

Kanisha York, as well as her three sons (ages 9, 9, and 15), attended the multigenerational program. The program was a diverse, family-oriented environment. They looked forward to coming each week to see their new friends and the staff. The program allowed the parents to relax twice a week, by not doing homework or cooking at home. They were provided with full-course dinners each night. The staff were well-trained teachers who cared about helping the children with their homework and worked with each child individually. The adults were introduced or re-introduced to customer service and professionalism training.

This program can be used for many different aspects within people's daily lives. Kanisha is currently employed as a life skills associate, and is finishing a CDA course. This training showed Kanisha how to stop allowing others to take advantage of her, how to defuse conflict in her school and work environments, and how important first impressions are. Kanisha would recommend this program to other people because laws change, life can be busy, and we all can use a refresher course while still staying connected to family.