

Overview

Ivory Place Inc. is a non-profit organization (501C-3) with multiple operational programs. One of the programs we offer is “**Project Me**” is a self-help program designed for a diversity of people (ages 13-50) from all walks of life such as; school age, young adults, employed, closed groups, therapy groups, church groups or incarcerated.

The “**Project Me**” program is reinforcing positive perception of one self-confidence, awareness of capabilities, exception of past failures, reconfirming anticipated goals, begin to aide in immediate goals for future sustainability. This program is not to replace counseling services but to reinforce positive behavior and self-awareness. This program was developed on the bases that a major part of society have dealt with at least one of the issues listed below:

- Insecurity
- Depression
- Anger
- Fear of failure
- Fear of rejection,
- Child abuse
- Fear of reoffending,
- Lack of education,
- Fear of unemployment
- Fear of society

Tool

An important component of our program is the “Me” workbook written by Min. Janie Crawford. The workbook helps individual to begin journaling during classes and continuously even when class is over. It serves as an emotional release, at their own pace in private.

Operation

The program operates by a curriculum, consisting of four weeks or six weeks depending on the type of population and setting. We are prepared to adjust time frame to further accommodate the diversity population

Sessions

Length; 4 or 6 weeks (repetitive)

Hours: 1.5