

# Positive thinking program to help homeless women

Charlene Proctor, Ph.D. of Birmingham is developing a program designed to help homeless women get back on their feet by implementing positive life changes.

Joining forces with Lighthouse/PATH, which is dedicated to helping homeless families, she will use both of her books as a springboard. They are: *Let Your Goddess Grow: 7 Spiritual Lessons on Female Power and Positive Thinking* and *Women's Book of Empowerment: 323 Affirmations That Change Everyday Problems Into Moments of Potential*.

Slated as The Empowerment Show, this educational program is being designed as an electronic "webinar/teleclass" that brings the seven spiritual lessons from *Let Your Goddess Grow* to an audience that is moving from crisis to self-sufficiency.

Proctor conceived the high-tech but hands-on approach in order to reach out to families across the U.S. She hopes to integrate it into a national network, helping women in transition develop support groups that use her principles as members steer back to a successful path.

Lighthouse/PATH's mission is to eliminate the cycle of poverty by offering transitional housing, life skill courses and children's services that foster self-esteem, self-sufficiency and economic autonomy. For 15 years, PATH has helped women and children move from poverty to independence with a 91 percent success rate.



Proctor

"When we understand that we are equally divine as the next individual, we can begin to realize how beloved and gifted we truly

are. Once we embrace our own limitlessness, we can accomplish anything," says Proctor.

In terms of mothers and children, learning how to become empowered is a skill that can be passed on through the generations.

Realizing the importance of giving children a voice and cultivating empowerment at an early age, she also plans to teach kids how to self-publish their own books and become successful in writing through *Beyond Basics*, an enrichment and parent outreach program in Detroit.

Knowing firsthand the challenge of realizing one's full potential without a strong support system in place, Proctor is passionate about her work. She founded The Goddess Network, an online community with over 29,000 members, which shows how women and men can grow in their spirit and harness the power to create a positive and balanced life.

Proctor holds a Doctor of Philosophy degree. She and her husband have two teenage sons.

Find more information on the Web at [www.thegoddessnetwork.net](http://www.thegoddessnetwork.net); and [www.lighthouseoakland.org](http://www.lighthouseoakland.org).