



Caroline Center

Committed to Women • Committed to Work

NEWS RELEASE

Contact: Nancy Sherman
Director of Marketing & Communications
nsherman@caroline-center.org
410.563.1303 x25
Web: caroline-center.org
Blog: ccbreakroom.com
For Immediate Release: July 7, 2015



Caroline Center Educates the Whole Woman *Essential Skills + Professional Skills Yield Solid Results*

For Immediate Release – Caroline Center, a tuition-free workforce development organization serving women from Baltimore’s least-resourced neighborhoods, is taking career education to an important new level with an enhanced program that gives women the skills, confidence, and resilience they will need to be successful at work and in life.

Caroline Center social worker Vicki Cofield-Aber, LCSW-C, says “As our trainees prepare to enter new careers as either certified nursing assistants (CNA) or pharmacy technicians (PT), we also want to help them develop life skills that will anchor and enrich their professional practice. In today’s workplace, employers have new expectations for the healthcare workers they hire. Whether our graduates work in direct patient care or in a retail pharmacy, they will need to be highly adaptable critical thinkers who are able to address patient and customer needs with a sense of urgency and empathy. Caroline Center’s holistic approach to education emphasizes the importance of acquiring these essential skills as part of employment readiness.”

One recent ‘mindfulness’ exercise Ms. Cofield-Aber did with trainees involved creating original mandala art. “Practicing ‘mindfulness’ techniques, especially in creative ways,” Ms. Cofield-Aber said, “has many benefits, from reducing personal

stress to increasing one's capacity to be fully present for patients who need compassionate care. In creating their mandalas, trainees were able to focus on the qualities of wholeness, harmony, and balance – qualities that also play an important part in healing and recovery.”

Caroline Center certified nursing assistant candidate Siara Parker, who created her mandala in a pastel palette, offered that “one of the best things about making a mandala is that the exercise is non-judgmental and freeing.” Jessicka Mfubu, whose mandala incorporated a glittery gold outline, smiled when someone observed how art can be an expression of the beauty that we all have inside of us. Candidate Ada Sanchez, who created a mandala using rich coral and green colors, said her mandala “helps me stay focused and happy.”

Caroline Center's holistic approach to education is inspired by the School Sisters of Notre Dame (SSND), whose North American founder, Mother Caroline Friess, came to East Baltimore from Bavaria 150 years ago to teach the children of immigrant families whom society had pushed aside . As an SSND-sponsored work, Caroline Center reaches out to women with little resources and few opportunities so that they will have access to an excellent education that will empower them and help them to reach the fullness of their potential. Caroline Center believes that when you change one woman's life, you really can begin to change the world.

Photo #1: Victoria Cofield-Aber, LCSW-C, with Caroline Center trainees and CNA (certified nursing assistant) candidates Siara Parker, Jessicka Mfubu, and Ada Sanchez, discussing their individual mandala creations.

Photo #2: Mandalas created by CNA candidates Solena Long, Jessicka Mfubu, Siara Parker, and Ada Sanchez.

end

