

Spring 2020



The Red Shoes

A Center For Personal & Spiritual Growth

The Red Shoes, A Center for Personal and Spiritual Growth, is a non-profit organization with a 501(c)(3) tax status under the Federal Internal Revenue Code.

The Red Shoes is a women's center for personal and spiritual growth.

Our commitment is to value and support all women on their life's journey.

We celebrate, empower and nurture women.

We offer space for women to explore and develop their inner life.

We connect creativity, spirituality and authenticity.

We provide a place of healing and reconciliation.

We focus on what we hold in common rather than what divides us.

CIRCLE OF LEADERSHIP

Roberta Guillory, Founder

Celia Bailey	Terri Hammatt	Charity Parsons
Lisa Delpit	Susan Lambert	Sandy Patrick
Tracie Garrett	Joni Orgeron	Celia Strickler

Wendy Herschman, Executive Director
Judy Lavergne, Interim Assistant Director
Saveta Williams, Administrative Assistant

Please register for our programs by phone, email or online.

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info@theredshoes.org
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Scholar in Residence

**The Black Madonna:
A Healing Presence
for Our Times
with
Meghan Don**

*Author, Spiritual Mentor and Founder of
The Sanctuary of Sophia*



Friday	March 6	7-9 pm
Saturday	March 7	10:30 am-4:30 pm
Sunday	March 8	10:30 am-1:30 pm

The Black Madonna is steeped in an ancient and historical feminine mystery that has been largely overlooked and forgotten. She is known as Guardian, Restorer of Justice and Healer of Humanity. The cultural turmoil we are currently experiencing cries out for her return to help humanity through these difficult times. We will sense her strength and presence as we begin the interior work that takes us into the injustice and pain that shadows our relationship with humanity and the earth.

Together, we will engage in meditation, ancient feminine chant specific to the Black Madonna, personal and Circle reflection and writing from the heart.

Join us to learn the history of The Black Madonna and continue with an invitation to experience her presence:

- As Guardian of Humanity and the Earth: her roots extend into our hearts and the heart of our Earth home. We will explore what her role of Guardian means for us and what she is asking us to become for the earth and humanity.

- As Restorer of Justice: we will be shown the injustices which live within each of us and learn where balance needs to be restored. We will discover how to take this restored justice and live it in our everyday lives.

- As Healer of Humanity: she waits for us to come to her to reveal the pain that lives in our hearts: old, ancient pain or the pain we are currently facing as a collective species.

No matter your tradition or path, the Black Madonna is Mother to us all. She leads us into the Dark Mystery of life and death, and the healing of our souls. Come, she is reaching out to you.

Friday \$20

Early Bird Full Seminar paid by Feb 17 \$95/after \$125

Scholar in Residence

Robin Cunningham

Vibrational Medicine Specialist, 45 years of holistic healing

The Healing Nature of Sound

February 14-16

details p. 5

Dear Friends, We are welcoming a new decade, 2020. As I look at that number I see the call for balance. Our culture seems to be built on establishing polarities: Intuition and knowledge, male and female, logical and creative, inner and outer, life and death. Our programs this spring will support our need to dialogue with perceived opposites to bring balance to our inner lives and to the world. We welcome the feminine to bring balance to unbridled patriarchy, through our **Black Madonna Retreat**, our **Full Moon Circles** and a book study of **Mirabai Starr's new book, *Wild Mercy***. **Jungian, Charlene Henry** returns to teach about the nature of **Alchemy**, soul transformation, that will help us merge some of the oppositional elements within our own beings. Our **3-part series on death** seeks to bring balance to our ideas of life and mortality, so one complements the other. Note our programs with the earth symbol that celebrate **Earth Day**, a time to remember how important balance is for our natural resources and our people.



Balance is also about giving and receiving, please take time to make your donation to The Red Shoes so you and others can receive the bounty of spiritual nourishment and support offered. We are feeding the hungry: people who are hungry for community, hungry to awaken, hungry to recover, and hungry to try to make sense of life's challenges. We need your commitment today.

Thank you and Happy New Year, *Wendy Herschman, E.D.*



January

Complete yoga schedule on page 11

Sunday Sacred Circle (details p. 11)

Sundays Beginning Jan 5 5-6 pm

Nourish your spirit. Enjoy a time of introspection, an inter-religious, ecumenical experience for those yearning to unite with Spirit through prayer, chanting, inspirational readings and silence.

Edgar Cayce Circle: *Search for God*

Mondays Beginning Jan 6 10:30am-12pm

"The Search for God is ...passed on in the hope that ... many may glimpse a ray of light; that in other hearts it may awaken a new hope and vision of a better world..."

Make this year different. Join an ongoing circle that can change your life. Edgar Cayce has been called the "sleeping prophet," the "father of holistic medicine." Align with the life-sculpting guidance within Cayce's classic work, *A Search for God*. Together we will explore tools for spiritual growth and empowerment.

Facilitated by Debbie Couvillion who has facilitated Cayce groups for years and is registered with the ARE foundation.

Suggested monthly donation \$20

A Course in Miracles (details p. 11)

Mondays Beginning Jan 6 7-8:30 pm

Seeking a new, joy-filled perspective on life? Join our weekly study of *A Course in Miracles*, a powerful, life-changing course that guides us to peace.

Taste of Zen: Zazen and Dharma Talk

Mondays Beginning Jan 6 7-8:30 pm

Would you like to be more fully present, awake to what is? Develop the practice at the heart of Zen Buddhism, *Zazen*. Experience seated Zen meditation.

Facilitated by Gary Muso Pettigrew, an ordained Dharma holder (Hoshi) in the White Plum Zen lineage, and Shelby Jikai Gallagher, B.A. in Religious Studies.

Suggested donation \$10

Explore Together: Paul Selig's *I Am the Word*

Tuesdays Beginning Jan 7 10:30 am-12pm

New insights for the new year: In *I Am the Word*, writer and medium Paul Selig has recorded an extraordinary program for self-realization, as given through Guides or Ascended Masters. The channeled Guides provide a powerful program in self-awareness that can align your existence with its highest purpose. (Ongoing weekly)

Facilitated by Kerri D'Amico and members of the circle.

Suggested Monthly Donations \$20

An Introduction to MCKS Pranic Healing System®

Tuesday Jan 7 6-8 pm

Join us for an introduction to an effective and powerful "no-touch" healing system developed by GrandMaster Choa Kok Sui. Learn to use 'life force' or Prana to heal physical and emotional ailments. Pranic Healing is simplified and organized so that anyone can learn to heal and produce tangible results. This experiential talk will demonstrate how Prana can be applied for healing and how you can actually feel energy.

Facilitated by Pat Cole - student of Grand Master Cho Kok Sui and member of Pranic Healing of Baton Rouge

\$15

Compassion in Action Circle (details p. 11)

Wednesdays Beginning Jan 8 10:30am-12pm

Join a vibrant group for thought-provoking dialogue of current social justice topics in a respectful setting. We begin the year with a study of *The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure*. Explore why iGen or Generation Z students (born after 1994) are experiencing higher rates of anxiety, depression and suicide. What are the implications for our future?

Meditation and Spiritual Awakening (details p. 11)

Wednesdays Beginning Jan 8 5-6 pm

Join us for a quiet time of exploration and meditation. Enjoy stillness that creates a time to reconnect to Source. First Wednesday: coloring meditation.

Community Healing Clinic: Pranic Healing

2nd & 3rd Wednesdays Jan 8, 15 6:30-8:30 pm

Experience Pranic Healing, a path to rejuvenation and healing. We begin with light stretching followed by the "Meditation on Twin Hearts," a meditation based on the universal prayer of St. Francis. The meditation promotes

physical and mental well-being, while also blessing loved ones, your career and Mother Earth. Healing sessions are offered after meditation, as time permits.

Facilitated by Debra Tongue, (2nd Wednesdays) student of Master Choa Kok Sui; and Pat Cole, (3rd Wednesdays) a student of Master Choa Kok Sui's teachings on Pranic Healing & Arhatic Yoga, a practitioner since 2014.

Suggested Donation \$10

Dream Discovery

Thursdays Beginning Jan 9 10:30 am-12 pm
Discover more about yourself as you learn to work with your dreams. The language of dreams offers insights into understanding your relationships, your choices, your past and your future. Basic elements of Carl Jung's work are a part of this exploration. While studying and sharing dreams, we learn ways to interpret and understand them in a meaningful way.

Facilitated by Joan McCaskill, Spiritual Director, MA.
Monthly \$40

Spiritual Journey Circle (details p. 11)

Thursdays Beginning Jan 9 6-7 pm
Find inspiration on this journey that opens the door to the ideas of diverse spiritual teachers.

AA Open Meeting - Realm of the Spirit

Thursdays Beginning Jan 9 7-8 pm
Together we explore guided meditation and share our experience, strength & hope toward living a Sober Life.

Feng Shui: Protection Inside the House

Saturday Jan 11 10:30 am -12:30 pm
Feng Shui is an ancient study of energy, the paths of fresh and stale energy moving through places where people live and work. The different parts of a home originally were to protect different parts of the human being. We will explore: What part of the body the doors and windows protect? How can Feng Shui be used to diminish and prevent migraines and high blood pressure? How can Feng Shui be used to help medicine be more effective? So much to learn in this fascinating seminar!

Facilitated by Wyming Sun, linguist and Feng Shui master, pupil of Dr. Rocco Errico.
\$20

Embrace the Power of the Full Moon: Ritual

Saturdays Jan 11, Feb 8, Mar 8(Sun), April 4 5-7pm
Enter our monthly women's circle to greet the Full Moon. The presence of the Full Moon reminds us of the need to release the things in our lives that no longer serve us. Each month we will enjoy a period of meditation and a talk about the astrology associated with the Full Moon.

Facilitated by Lisa Hernandez, a Life Coach, Energy Healer and Spiritual Consultant for over 20 years.
Each month \$20

The Hymn of the Word: An Ancient Christian Healing Service

Sunday Jan 12 2:30-4:30pm
In the Beginning was the Word, and the Word was with God and the Word was God.

Thus begins *The Hymn of the Word*, (first chapter of the Gospel of John) a hymn sung in some of the earliest Christian gatherings. The word Miltha, translated "word" in the language of Jesus means "mind-energy." How can we access this mind-energy? How can it benefit us in our lives today? Following an informative talk, experience the ancient healing ritual Jesus taught his disciples including The Lord's Prayer in Aramaic, hymns to create a receptive atmosphere & laying on of hands.

Facilitated by Wyming Sun. (see January 11, Feng Shui)
\$20

Volunteer: Baton Rouge Food Bank

2nd Tuesdays Jan 14 10 am-12 pm
Location: 10600 South Choctaw Dr. (Fraenkel Center)
Can you offer two hours that will make a big difference? Join our team, call today to volunteer. Help feed the hungry in Baton Rouge. All food must be sorted and categorized for distribution. That is where we come in: we will meet at the food bank to sort or bag food.
Wear closed-toe shoes / No Fee

Weight Loss as a Spiritual Process

Tuesday Jan 14 6-8 pm
If you consciously want to lose weight but are not experiencing the results you want, this workshop is for you! You know it's not about external things like the right diet or exercise. Through Jungian coaching, we can begin an internal process of cultivating the mind-set and skills to do the things that will help you permanently lose the weight. The skills you cultivate will help in every area of your life. Achieve new clarity through a spiritual exercise exploring weight loss using "The Creative Mind Method," a combination of Jungian techniques, Eastern Philosophy and Neuroscience.

Facilitated by Shea Tully, a Certified Jungian Life Coach from Creative Mind Coaching in Los Angeles, CA.
Early Bird paid by Jan 10 \$30/ after \$40

Did you know you can make donations and register for any of our classes online?
Please visit our website: www.theredshoes.org

The Red Shoes' facility is available to rent for meetings and special events.
Call today to schedule your event.
225-338-1170 or wendy@theredshoes.org

Consider Rounding Up!
Each time you pay for a program, consider making a small donation by rounding up. Those few dollars add up; they can cover a scholarship for someone in need.

2020: Time for New Habits

Sunday Jan 19 2 sessions

This year, resolve to bring intention to the way you use your time and space each day.

1:00-2:30 pm Manage Each Moment

Befriend your new calendar. Make each day count. Are you tired of wasting time and not accomplishing your "to-do" list? Discuss common roadblocks people face when managing their time and how the five-step EMEND organizing method can help you organize time.

3:00-4:30 pm Enjoy Your Photos and Memorabilia

Do you have piles of pictures in cabinets and closets and more stored on your phone? Many of these photos are our connection with life milestones and generations past. Create order from this chaos of memories by learning to use the EMEND organizing method to organize photos and memorabilia.

Facilitated by Alyssa Trosclair, Louisiana's only Certified Professional Organizer.

Each Session \$10/ Combo \$15

Tarot Basics: 101

Tuesdays Jan 21 & 28, Feb 4 & 11 6-8 pm

Learn the basics of Tarot and take the confusion out of your card readings. Learn the meaning of the Major and Minor Arcana, Archetypes, card spreads, how to ask the proper questions and how to read your cards effectively. Four class sessions will allow a deep dive and help you grow with Tarot!

Facilitated by Lisa Hernandez, a Life Coach specializing in Divine Feminine Life Coaching, Energy Healer and Spiritual Consultant for over 20 years.

\$125

Parents Left Behind: Estranged Children

Wednesday Jan 22 6:30-8:30

The incidence of parents with estranged children has risen dramatically. Parents are abandoned often without explanation, leaving them bewildered and emotionally bereft. Parents often feel ashamed and become isolated in their pain. Join us for personal support and to learn more about helpful coping skills.

Facilitated by Dr. Christine M. Turin, a Clinical and Forensic psychologist.

\$20

Essential Oils: The Natural & Effective Way

Saturday Jan 25 2 sessions

10:30 am-12 pm Vitality, Digestion & Cleansing

Learn the basics of how essential oils and herbs support the body's immune system to help protect against winter season threats, pet dander and also aid in healthy digestion and gentle detoxification of the organs. Discover how high-quality, therapeutic oils and herbs can provide a foundation for your well-being. Handouts and a personalized health assessment (valued at \$40) provided to narrow down the most effective choices for your particular body.

1-2:30 pm Make 'N' Take: Roller Bottle Wellness

Take back control of your health. Learn how to make natural body care products that are safer, more effective and affordable than commercial products. Support the immune system, cleanse the body of toxins, and aid the digestive and respiratory systems. Receive recipes and make 3 customized roller bottle and/or spray blends to empower you to take charge of your health. Choose from: Immune Super Defense, Breathe Easy, Tummy Tamer, Scratchy Throat Spray and others.

Facilitated by Britany Simoneaux, BSW, doTERRA Wellness Advocate who lives on the Mississippi Gulf Coast. She is passionate about living a natural lifestyle.

Session 1 \$15 / Session 2 \$25 - Combo \$35

Reframing Our Life Story: Words Matter

Sunday Jan 26 11 am - 4 pm

The stories we tell about ourselves and our experiences shape our present and future. We will work with a personal story that you have replayed a hundred times and change your perception of the story and the emotions it evokes by using different words to retell the story. Become conscious of the power of your words and how their vibrational frequencies can be felt in the body. This practice brings us back into our bodies and into "the now" as we practice true reality story telling.

Facilitated by Tammy Zechman, certified Quantum Healing Hypnosis Therapist, Abraham Hicks Law of Attraction coach and Intuitive Therapist.

\$40

February

Weekly Programs:

Sunday Sacred Circle	Sun	5-6p	pg 11
Course in Miracles	Mon	7-8:30p	pg 11
Zen	Mon	7-8:30p	pg 3
Compassion in Action	Wed	10:30a-12p	pg 11
Meditation	Wed	5-6 p	pg 11
Dream Discovery	Thurs	10:30a-12p	pg 2
Spiritual Journey	Thurs	6-7p	pg 11
AA Meditation Mtg	Thurs	7-8p	pg 2

Complete yoga schedule on page 11

Monthly Programs

2nd Tuesday	Food Bank	10a-12p	pg 4
2nd & 3rd Wednesday	Pranic Hlg	6:30-8:30p	pg 3

Healing Yoga and Calming Tones Sound Vibration

Saturday February 1 10 am-12 pm

Claim your space in our 13 bowls and yoga session. Cleanse, align and refresh body and spirit through movement and sound. This workshop will utilize a bowl formation that accommodates only 13 participants. The calming tones of singing bowls deepen meditation and relaxation and are paired with the healing art of

restorative yoga to enhance both physical and mental well-being. Take time for yourself and discover the health-giving power of this experience.

Co-Facilitated by Daniel Collins, Clayfire LLC, a practitioner of sound arts and yoga and Tina Ufford, Shape This Life, Certified Yoga Instructor and licensed massage therapist.

\$25

Meditate with Ease: Yoga Nidra

Sunday February 2 1-3 pm

Join DeeDee to discover your power to create peace and stillness in your life. Experience Yoga Nidra, a simple yet powerful guided meditation practice that can induce a complete state of mental, physical and emotional relaxation. Learn practical and easy techniques to support daily life including visualization, mindfulness and grounding. Bring a yoga mat, blanket, a pillow and a journal to document your experience. All levels welcome. (Some mats and blankets available)



Facilitated by Delisha 'DeeDee' Jones, certified yoga instructor, meditation facilitator and energy healer.

\$35

Flowing Soulfully with SoulCollage®

Saturday February 8 10 am-4 pm

Sunday February 9 1-3pm

We are all complex tapestries made up of our histories, influences and experiences. All that we experience and see daily tugs on these strings and sends vibrations across the whole of our being. The SoulCollage® process offers a surprisingly simple and artful way to use images to tap into the daily conversations between all that we notice in the world and all that we are. In this introductory workshop, we will intuitively create 5x8 SoulCollage cards from magazine images and begin to discover and uncover the messages they reveal for us.

Facilitated by Jai Kharey, Certified SoulCollage® facilitator, artist and Art Educator

\$45

Full Moon Circle (details p. 3)

Saturday February 8 5-7 pm

Enter our women's circle to greet the Full Moon.

Volunteer GBR Food Bank (details p. 3)

Tuesday February 11 10 am- 12 pm

Greater Baton Rouge Food Bank 10600 S Choctaw Dr.
No one should go hungry. Our community needs you!

Special: Weekly Meditation with Singing Bowls

Wednesday February 12 5-6pm

Our regular meditation will be enriched by visiting healer, Robin Cunningham and the sound of singing bowls. Join us to relax and refresh.

Empowered Relationships!

Wednesday February 12 6:30-8:30 pm

Do you feel powerless in your relationships? Are you a "people-pleaser" who just can't say no? Discover the unconscious reasons that you are not happy in your relationships! We will learn the "Emotional Power Integration" technique for freeing energy which is trapped by "negative" emotions, and apply this energy to create the relationships you do want.

Working with Carl Jung's concept of the "shadow," we will begin to see how it affects our interactions. By learning to do "shadow work," you can free your mind and begin creating empowered relationships.

Facilitated by Shea Tully, a Certified Jungian Life Coach from Creative Mind Coaching in Los Angeles, CA.

Early Bird paid by February 12 \$30/ after \$40

Community Clinic: Pranic Healing (details p. 2)

2nd & 3rd Wednesdays Feb 12, 19 6:30-8:30 pm

Experience Pranic Healing, a path to rejuvenation.

♥Blessing the Heart ♥: Immersion in Sound

Friday February 14 6:30-8 pm

Come alone or with a partner and experience a HEART opening evening of sound. You'll LOVE the feelings as the sounds of the bowl harmonize with vibrations of the body. Enjoy an experience of sound sensation! This evening will create a gentle entry into our weekend workshop or stand alone as a Valentine's treat.

\$15 each/\$25 couple

The Healing Nature of Sound - Robin Cunningham

Saturday & Sunday Feb 15 & 16 9:30 am-5 pm

Open your heart to the therapeutic and spiritual value of the grace-filled healing of sound and its resonance within your soul. While there is new awareness of these tools, sound and vibrational medicine is found in the earliest human cultures. Come to discover: What are singing bowls and where do they come from? What is the path of vibration in the body? How does sound move us into altered states of consciousness and how can we harness these states for our own well-being? We will begin to unravel the mystery that surrounds these ancient healing methods. Experience the profound gift of sound therapies. Learn to work with sound through the use of one's own voice and/or favorite instrument as an inexpensive and powerful tool for self-healing. Utilizing sound therapy in a group setting provides healing for the individual, the group and the whole community. Participants will learn hands-on applications of sound therapies, as well as experience the benefits personally, by gathering in groups focused on giving, receiving and circulating within the resonance of sound.

Facilitated by Rev. Robin Cunningham, Vibrational Medicine Specialist - CH, LMT, RRMT working with holistic forms of healing for nearly 45 years.

Early Bird paid by Feb 10 \$185/ after \$225

Living with Mild Traumatic Brain Injury

Tuesday February 18 6-8 pm

Are you coping with the effects of Traumatic Brain Injury (TBI) or Mild Traumatic Brain Injury (MTBI)? We will discuss the issues facing both the individual suffering these traumas, as well as their friends, family and caregivers. Learn helpful ways of coping and navigating daily life after these injuries.

Facilitated by Rev. Robin Cunningham, who lives with TBI/MTBI. (see full bio p. 5, Feb 15 &16)

\$10

Learn To Meditate for Inner-Peace and Healing

Tuesday February 18 6-8 pm

Join us for an introductory talk and guided meditation to learn the purpose of meditation and how it can help you in your daily life. Experience the powerful "Meditation on Twin Hearts" to calm your emotions and bring inner peace and a sense of divine connection. Meditation offers the benefits of heightened intuition, self-love and forgiveness and reduced stress.

Facilitated by Pat Cole - student of Grand Master Choa Kok Sui and member of Pranic Healing of Baton Rouge.

\$15

Open Mic Poetry & Music

Saturday February 29 6:30-8 pm

Do you have poems to share, lines from a some-day novel, a song to sing or an instrument to play? Come share with us! Enjoy a night of unique creative offerings: words and music to stir your heart and soul. Join our audience to experience this tapestry of talent. Stay for coffee and desserts. Creative artists: share your favorite works in this appreciative, supportive "coffee-house" setting. We have a piano, if you would like to play for us! Call to reserve your 5-minute spot.

\$5



March

Weekly Programs:

Sunday Sacred Circle	Sun	5-6p	pg 11
Course in Miracles	Mon	7-8:30p	pg 11
Zen	Mon	7-8:30p	pg 3
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Complete yoga schedule on page 11

Monthly Programs

2nd Tuesday	Food Bank	10a-12p	pg 4
2nd & 3rd Wednesday	Pranic Hlg	6:30-8:30p	pg 3

Yoga for Pain Relief: Introductory Class

Sunday March 1 10-11:30 am

Have you had enough of feeling ruled by your pain? Experience relief and learn about an upcoming 4-week series that will help you manage chronic pain.

Facilitated by Jillian Guinta. (see p.7, March 15)

\$20

Transformational Self-Portrait

Sunday March 1 2-4 pm

Our experiences, relationships and challenges shape and transform us. Give expression to what has transformed you through painting an interpretive self-portrait. You may be surprised by what emerges. No artistic ability or experience is needed to enjoy and learn from this creative process that includes meditation and the arts.

Facilitated by Laura Gaddy, a professional artist who leads the Healing Arts program for Mary Bird Perkins/ Cancer Services and a certified (ICF) Life Coach.

\$20

Book Study: Wild Mercy by Mirabai Starr

Tuesdays March 3-24 6-7:30 pm

Enjoy a spiritual book study that will open your eyes to the ways the world is calling you to action. In this patriarchal culture, there is a pressing need for the wisdom of the feminine to be heard; Mirabai Starr's Wild Mercy brings the women mystics to life and allows their voices to be heard clearly! Together we will take an inter-religious, cross-cultural journey with the feminine to discover our own peace, creativity, passion and compassion.

Facilitated by Debbie Morrill, Associate of the Sisters of Saint Joseph and a life long seeker of spiritual truth.

\$40

Scholar in Residence

The Black Madonna:

A Healing Presence For Our Times

with Meghan Don

March 6-8

(details p.1)

Full Moon Ritual (details p. 3)

Sunday March 8 5-7 pm

Enter our women's circle to greet the Full Moon.

Volunteer GBR Food Bank (details p. 3)

Tuesday March 10 10 am-12 pm

No one should go hungry. Our community needs you! Volunteer to sort and box food with our team.

Community Clinic: Pranic Healing (details p. 2)

2nd & 3rd Wednesday March 11, 18 6:30-8:30 pm

Join us for an evening of rejuvenation and healing.

Series: Mind-Body Management for Chronic Pain Sundays March 15,22,29, April 5 10-11:30am

Have you had enough of feeling out of control or ruled by your pain? Are you ready to take ownership of your healing? As we focus on managing chronic pain, we will discuss the pain cycle and how to support healing using simple tools for improving wellness. Then, as we move into a brief yoga practice, we will use our breath to create an internal environment to support wellness followed by a movement sequence to relax and elongate the muscles of the body. Finally, we will seal in the benefits of our practice by enjoying a guided relaxation to further reinforce our bodies' optimal healing state.

Facilitated by Jillian Guinta, a Yoga Therapist (C-IAYT 1,000), physique athlete and educator. She works primarily with clients who have PTSD & physical injury.
Early Bird paid by March 1 \$80/ after \$100

Kaleidoscope of Dying, Grief and Death

Sundays March 15, 22, 29 2-4pm

Even though it is the only thing we can be sure of from the day we are born, death and dying aren't easy topics of conversation. Most of us fail to embrace our own mortality and the mortality of those we love. What if actually talking more about death could enrich our days of life? Join us for a 3-week series that will allow us to discuss and explore layers of experience relating to death and emerge with new insights that will help us befriend all aspects of life.

March 15 - Dying: Hear a personal story of "conscious dying," with musical accompaniment. Hear how the dying process can be an opportunity for healing and spiritual awakening. We will also discuss palliative care and "death doulas."

March 22 - Grief: Learn with an ordained Zen Dharma holder the wisdom in Eastern thought teachings on non-attachment, suffering and the Buddhist view of death as part of the sequence of life. We will also discuss healthy grief and bereavement processes.

March 29 - Death Café: Join us for a discussion of death generated by questions and observations of participants. This is not a "support group." Rather, it is a time to gather to enjoy cake, drink tea and discuss death. The intention is to increase awareness of death with a view to helping people make the most of their finite lives.

Facilitated by Sherry Smelley, MSW, LCSW and graduate professor at LSU, Gary Pettigrew, an ordained Dharma holder (Hoshi) in the White Plum Zen lineage and Kevin Johnson, co-creator of EarthStar Primal Habitat.

\$15 each/series \$40

Reiki Level 1 Training

Saturday March 21 9 am-5 pm

Interested in Reiki? Get certified in Usui Reiki 1 Level 1. Learn about history, techniques, protection and healing practice. Certification comes with Attunement which will enhance your intuition and your ability to heal. Helpful handouts included. Reiki Level 2 and Master

class will be offered later this year, allowing you to continue to grow on your learning path and ability.

Facilitated by Lisa Hernandez, Life Coach, Pranic Healer, Reiki Master, and Spiritual Consultant.

\$275

Gong Bath: Welcome the Rhythms of Spring

Saturday March 21 6:30-8 pm

Join us for a concert and gong bath to transition from the energies of Winter to the festive notes of Spring. Feel the vibrational change and sense the subtle tones of transformation. No water is involved in a gong bath; participants sit or recline and allow the sounds to "wash over" them. The concert includes a variety of instruments and "singing" bowls. You may bring a yoga mat, pillow and blanket to rest comfortably. Some mats and blankets available.

Facilitated by Daniel Leonard, practitioner of yoga, sound arts and meditation leader; and Olivia Sophia, music educator, musician and sound arts promoter.

\$20

Volunteer: Spring Fling

Sweet Dreams Women and Children's Shelter

Thursday March 26 6:45-8 pm

Location: 1623 Convention Street

Volunteer to participate and help plan a Spring Fling party for women and children, complete with games, crafts and treats. But rather than giving, you will receive the greatest gift, the smiles of those who call this shelter "home." Register today and we will coordinate this special evening via email.

No Fee

Alchemy: Transformative Steps to Self

Saturday March 28 10 am-3 pm

What is Alchemy and why is it so important to the work of Carl Jung ...and to us? The goal of alchemy is a mysterious inner transformation process in the psyche, the process of individuation. Alchemy relates to both the material and spiritual sides of life that have been split for thousands of years. We will explore the history and development of alchemy, the 7 main operations in the alchemical process and how we recognize them in our lives and also in dreams, images and poetry. This presentation is filled with images and examples from the 3rd century through the 18th century taken from old manuscripts and writings.

Facilitated by Charlene Henry, LCSW, Diplomate Jungian Analyst in practice for 50 years and one of the founders of the CG Jung Society of Lafayette.

\$40

Full and partial scholarships are always available.

Please do not let the cost of a program deter you from attending.



April



Ongoing programs:

Sunday Sacred Circle	Sun	5-6p	pg 11
Course in Miracles	Mon	7-8:30p	pg 11
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Complete yoga schedule on page 11

Monthly Programs

2nd Tuesday	Food Bank	10a-12p	pg 4
2nd & 3rd Wednesday	Pranic Hlg	6:30-8:30p	pg 3

Meditation for Chakra Healing

Saturday April 4th 10 am-12:30 pm
 Discover powerful techniques for healing and getting in tune with your chakras; your energy centers, beautiful portals to deeper, inner understanding. Take the journey with DeeDee as you move through each chakra to learn and unearth your own healing power. This workshop will include meditations, self-healing techniques, breathing exercises and more. Feel free to bring your meditation cushion, a yoga mat for Yoga Nidra, a pillow and a blanket. No experience necessary.

Facilitated by Delisha 'DeeDee' Jones, certified yoga instructor, meditation facilitator and energy healer.

\$35

Full Moon Circle (details p.3)

Saturday April 4 5-7pm
 Engage in a full moon ritual for women.

Oracle Cards for Self - Empowerment

Sunday April 5 2-4 pm
 As women, we are attracted by the artistry of oracle cards and drawn to the communication they offer, communication with ourselves. Learn practices using oracle cards to discover your own empowering message every day that will help you rise beyond perceived limitations. A variety of decks will be available or bring your own and bring one question you want answered.

Facilitated by Dr. Lisa Langois, PhD in Natural Sciences and D.MS. from the University of Metaphysical Sciences.

\$20

Book Study: *Sula*, by Toni Morrison

Tuesdays April 14-28 6-7:30 pm
 Nobel-Laureate Toni Morrison's second novel *Sula* explores the depths of female relationships. Two girls, friends since before they could remember, nurture and support each other into women. Their fierce devotion is tested by norms and expectations and confronts betrayal. Equal parts comedy and tragedy, at times racy

and shocking, their story ultimately teaches all of us about the meaning of life.

Facilitated by Angeletta KM Gourdine, PhD in cultural studies, CPC, ELI-MP reVisions Lifestyle Salon.

\$30

Forest Bathing: *Shinrin-yoku*

Saturday April 18 10:30 am-12 pm
The Burden Center 4569 Essen Lane

Enjoy a time to wander, to wonder, to embrace the awe! Come for a walk in the woods and experience the Japanese tradition of *Shinrin-yoku*, forest bathing. It's a simple practice that promotes positive change: if a person simply visits a natural area and walks in a relaxed way, there are calming, rejuvenating and restorative benefits.

Facilitated by Mary "Lulu" Wemple, M.Ed.

\$20

A Community Partnership presents...

Book Talk: *Writing Wild: 25 Women Who Shaped the Way We Read the Natural World*

Sunday April 19 3-4 pm
Main Library 7711 Goodwood Blvd

Author Kathryn Aalto takes readers on a journey into the inner and outer landscapes of twenty-five women who wrote and write about the natural world. *Writing Wild* is a fascinating portrait of women's history through the prism of nature. It invites us to take journeys into our own minds to consider how we relate to the natural world and how is this relationship affected by gender and privilege. Aalto is an American landscape historian, preservation consultant and author living in England.

Donations Appreciated

SuperBrain Yoga

Wednesday April 22 6:30-8:30pm

Learn to boost your vitality, recharge your brain power, experience emotional calmness and mental clarity with this ancient technique that harnesses the body's primordial energies. SuperBrain Yoga® is a simple and effective technique to energize and recharge the brain. Together with Pranic Healing® you can learn to flush out stress, boost your vitality and accelerate healing.

Facilitated by Pat Cole, (see bio p.2, January 7)

Earth Day 2020: The Soleful Labyrinth

Sunday April 26 12-4:30 pm
Returning to Downtown - Celebrating 50 years!

Did you know the fashion industry is the second largest polluter world-wide? To offset this impact, we urge you to repurpose and recycle your gently used shoes you are not wearing. Consider giving them new life. Bring them to The Red Shoes beginning April 13. On Earth Day, we will create a labyrinth made up of donated shoes. **Honor Mother Earth: recycle, reuse and repurpose.** Come join us to walk the soleful labyrinth. Following the event, all shoes will be donated and re-homed! Help us care for the earth and her people!

The Red Shoes 2020 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY			1 Closed for Winter Holiday	2 Closed for Winter Holiday	3 Closed for Winter Holiday	4
5 Sacred Circle 5p	6 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	7 Yoga 8a I Am The Word 10:30a Intro to Pranic 6p	8 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	9 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	10 Yoga 8a	11 Feng Shui 10:30a-12:30p Full Moon Circle 5-7p
12 Hymn of the World 2:30-4:30p Sacred Circle 5p	13 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	14 Yoga 8a Food Bank 10a I Am The Word 10:30a Weight Loss As Spiritual 6p	15 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	16 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	17 Yoga 8a	18
19 Time Management 1-2:30p Photos 2-4:30p Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	21 Yoga 8a I Am The Word 10:30a Tarot Basics 6p	22 Yoga 8a Compassion in Action 10:30a Meditation 5p Parents of Estranged Children 6:30p	23 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	24 Yoga 8a	25 Essential Oils 10:30-12p Make & Take 1-2:30p
26 Reframe Our Story 11a-4p Sacred Circle 5p	27 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	28 Yoga 8a I Am The Word 10:30a Tarot Basics 6p	29 Yoga 8a Compassion in Action 10:30a Meditation 5p	30 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	31	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
FEBRUARY						1 Healing Yoga and Calming Tones 10a-12p
2 Meditate with Ease: Yoga Nidra 1-3p Sacred Circle 5p	3 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	4 Yoga 8a I Am The Word 10:30a Tarot Basics 6p	5 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	6 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	7 Yoga 8a	8 Flowing Soulfully Soul Collage 10a-4p Full Moon Circle 5-7p
9 Flowing Soulfully Soul Collage 1-3p Sacred Circle 5p	10 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	11 Yoga 8a Food Bank 10a I Am The Word 10:30a Tarot Basics 6p	12 Yoga 8a Compassion Action 10:30 Meditation w Bowls 5p Empowered Relationships 6:30p Pranic Healing 6:30p	13 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	14 Yoga 8a ♥ Blessing the Heart: Immersion in Sound 6:30p	15 Healing Nature of Sound 9:30a-5p
16 Healing Nature of Sound 9:30a-5p Sacred Circle 5p	17 5:30p CS Y17 Yoga 8a / oga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	18 Yoga 8a I Am The Word 10:30a Pranic: Meditation for Inner-Peace 6p Living w Traumatic Brain Injury 6p	19 Yoga 8a Compassion Action 10:30 Meditation 5p Pranic Healing 6:30p	20 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	21 Yoga 8a	22
23 Sacred Circle 5p	24 Closed for Holiday	25 Closed for Holiday	26 Yoga 8a Compassion in Action 10:30a Meditation 5p	27 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	28	29 Open Mic Poetry & Music 6:30-8p

The Red Shoes 2020 Spring Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 MARCH Yoga for Pain Relief: Intro 10-11:30a Transformational Self Portrait 2-4p Sacred Circle 5p	2 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	3 Yoga 8a Paul Selig 10:30a Book Study : Wild Mercy 6p	4 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	5 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	6 Yoga 8a Meghan Don Retreat 7-9	7 Meghan Don Retreat 10:30a-4:30p
8 Meghan Don Retreat 10:30a-1:30p Sacred Circle 5p Full Moon 5-7p	9 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	10 Yoga 8a Food Bank 10a Paul Selig 10:30a Book: Wild Mercy 6p	11 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	12 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	13 Yoga 8a	14
15 Mind-Body Management Chronic Pain 10-11:30a Kaleidoscope of Dying, Grief and Death 2-4p Sacred Circle 5p	16 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	17 Yoga 8a Paul Selig 10:30a Book Study: Wild Mercy 6p	18 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	19 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	20 Yoga 8a	21 Reiki Level I Training 9a-5p Spring Gong Bath 6:30- 8p
22 Mind-Body Management Chronic Pain 10-11:30a Kaleidoscope of Dying, Grief and Death 2-4p Sacred Circle 5p	23 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	24 Yoga 8a Paul Selig 10:30a Book Study: Wild Mercy 6p	25 Yoga 8a Compassion in Action 10:30a Meditation 5p	26 Yoga 8a / 5:30p Dreams 10:30a Shelter Party 6:45p AA Meditation 7p	27 Yoga 8a	28 Alchemy: Transformative Steps to Self 10a - 3p
29 Mind-Body Management Chronic Pain 10-11:30a Kaleidoscope of Dying, Grief and Death 2-4p Sacred Circle 5p	30 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	31 Yoga 8a Paul Selig 10:30a				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
APRIL			1 Yoga 8a Compassion in Action 10:30a Coloring Meditation 5p	2 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	3 Yoga 8a	4 Meditation for Chakra Healing: Yoga Nidra 10a-12:30p Full Moon 5-7p
5 Mind-Body Management Chronic Pain 10-11:30a Oracle Cards 2-4p Sacred Circle 5p	6 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce Circle 10:30a ACIM 7p Taste of Zen 7p	7 Yoga 8a Paul Selig 10:30a	8 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	9 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	10 Yoga 8a	11
12 Sacred Circle 5p	13 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce 10:30a ACIM 7p Taste of Zen 7p	14 Yoga 8a Food Bank 10a Paul Selig 10:30a Book Study: Toni Morrison's Sula 6p	15 Yoga 8a Compassion in Action 10:30a Meditation 5p Pranic Healing 6:30p	16 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	17 Yoga 8a	18 Forest Bathing: <i>Shinrin-yoku</i> 10:30a—12p
19 Book Talk: EBR Library <i>Writing Wild: 3-4p</i> Sacred Circle 5p	20 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce 10:30a ACIM 7p Taste of Zen 7p	21 Yoga 8a Paul Selig 10:30a Book: Toni Morrison's <i>Sula</i> 6p	22 Yoga 8a Compassion in Action 10:30a Meditation 5p SuperBrain Yoga 6:30p	23 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p	24 Yoga 8a	25
26 Earth Day 2020: Soleful Labrynth 12-4:30p Sacred Circle 5p	27 Yoga 8a / 5:30p CS Yoga 10:30a Edgar Cayce 10:30a ACIM 7p Taste of Zen 7p	28 Yoga 8a Paul Selig 10:30a Book: Toni Morrison's <i>Sula</i> 6p	29 Yoga 8a Compassion in Action 10:30a Meditation 5p	30 Yoga 8a / 5:30p Dreams 10:30a Spirit Journey 6p AA Meditation 7p		



Yoga



Morning Yoga - A Perfect Beginning

Monday-Friday 8-9 am

Wake up the body and invigorate your mind and spirit with morning yoga! Start your day with gentle stretching to increase circulation, improve posture and enhance your energy level. Enjoy a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. Become grounded and focused for the day. All levels of experience welcome.

Facilitated by Tina Ufford, RYT® 200 through Louisiana Yoga School; Sallie Tetzlaff; RYT® 200 through Louisiana Yoga School.

\$8 per class / 7 classes \$48 / monthly unlimited \$75

Yoga for Cancer Survivors

Mondays 10:30-11:30 am



Yoga Thrive: This gentle practice combines simple movements, stretching, meditation and breath work to increase flexibility, strength and relaxation to promote healing. Yoga practitioners report better quality sleep, faster recovery from treatments and increased energy. No yoga experience required.

Facilitated by Valerie Flynn Wintz, certified restorative yoga teacher.

Sponsored by Cancer Services - No Fee

Gentle Yoga

Mondays and Thursdays 5:30-6:30 pm

Melt away tension and stress at the end of your day through this revitalizing practice. Gentle physical movement, breathing exercises and meditation are designed to enhance well-being, increase flexibility and build strength. Perfect for beginners or experienced students who enjoy a less strenuous practice.

Facilitated by Tina Ufford, RYT 200 through Louisiana Yoga School, and Valerie Flynn Wintz, certified restorative yoga teacher.

\$8 per class / 7 classes \$48

The Red Shoes is a 501c3 non-profit.

- We depend on our friends for support throughout the year. Our program fees do not cover our expenses.
- Your donations make it possible for us to continue reaching more women in the community.
- Your word of mouth advertising brings wonderful people into our programs.
- We appreciate your confidence in our work.

Mail your tax-deductible donation today:

2303 Government St. Baton Rouge, LA 70806

or online: www.theredshoes.org

Sacred Circles



Sunday Sacred Circle: Matters of the Heart

Sundays Weekly 5-6 pm

Nourish your spirit: a time of introspection, ecumenical and inter-religious unity expressed through prayer, chanting, inspirational readings and silence with Spirit.

Facilitated by inspired members of the circle.

Donations appreciated

A Course in Miracles

Mondays Weekly 7-8:30 pm

Seeking happiness and peace? Our weekly study of *A Course in Miracles* is a powerful, life-changing course. This universal spiritual teaching offers daily exercises to raise awareness of love's presence, and through forgiveness, heal relationships. Join us to discuss the daily exercises and build a circle of support for this transformative inner work.

Facilitated by Nic Ourso, who has studied *A Course in Miracles* for many years.

Suggested monthly donation \$20

Compassion in Action Circle

Wednesdays Weekly 10:30 am-12 pm

Join a vibrant group for thought-provoking dialogue of current social justice topics in a respectful setting. Based on books chosen by the group, discussion will increase your awareness, deepen your compassion, and inspire action to create a better community and world. (Details on our website.)

Facilitated by Compassion in Action Circle members.

Suggested monthly donation \$20

Meditation and Spiritual Awakening

Wednesdays Weekly 5-6 pm

Guided meditation leads into quiet calm for the mind and a release of stress. Open to wisdom from inspiring spiritual teachings. Instruction is offered in developing and deepening our practice. All levels of experience welcome. * The first Wednesday of the month will be a time for contemplative coloring, a relaxing form of active meditation with calming music.

Facilitated by Wendy Herschman, who enjoys sharing the joy of group meditation.

Suggested donation \$5

Spiritual Journey Circle

Thursdays Weekly 6-7 pm

As a circle of seekers, we immerse in diverse spiritual teachings. Share in discussions that enrich life on a deep, personal level. A study of thought-provoking writers and luminaries enhance this spiritual journey. Return weekly for spiritual connection and community.

Facilitated by Wendy Herschman, Executive Director of The Red Shoes, & Spiritual Journey Circle members.

Suggested monthly donation \$20



The Red Shoes

A Center For Personal & Spiritual Growth
2303 Government Street
Baton Rouge, LA 70806

Non Profit Organization

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Baton Rouge, LA

Permit No 2200

Inspiration On the Way
The Black Madonna
A Healing Presence
For Our Times
March 6-8

Project HOPE

Heal
Overcome
Prosper
Empower

WOW! We gave out over 900
Project Hope Scholarships,
over \$10,000 this year!

We are offering an exciting opportunity for healing and HOPE. The Red Shoes opens our doors, at no cost, to all clients of all local Cancer Treatment Centers, Cancer Services of Greater Baton Rouge and STAR.

Through Project HOPE, partially funded by the Pennington Family Foundation, all of our programs are available at no charge to clients of these organizations who present their Project Hope card when registering. Our programs benefit the community by encouraging personal growth, healthy lifestyle choices and healing in a supportive and relaxing setting.

If you or someone you know is eligible to be served by Project HOPE, please call us or talk to a staff person with one of our partner organizations to get more information about Project HOPE.

We Wish You Well!

Join the Circle of Giving

*Your gift helps to transform women's lives,
our community and the world.*

Did you know?

- In 2019, we offered over 325 programs.
- Over 8,600 people participated with us.
- 697 new people discovered The Red Shoes.
- Our low fees keep our programs inclusive, but do not cover operating expenses and facilitator fees.
We Need Your Help For That!
- Your gifts help us provide uplifting and affordable programming for all in our community.

The Red Shoes is a valuable resource to diverse community groups including Cancer Services of GBR, B.R. Earth Day, Dialogue on Race Louisiana, Capital Area Human Services, the Bishop Ott Shelter, Mary Bird Perkins/Our Lady of the Lake Cancer Center, The Mayor's Office, STAR & the GBR Food Bank.

Your donation enables us to offer hope and healing to women in the community. They are so grateful.

**Make Your Donation Online Today
or mail a check to 2303 Government St. 70806**

Please visit our website: www.theredshoes.org