**SWEETWATER PROGRAM REPORT**

**CERTIFIED NURSING ASSISTANT (CNA) TRAINING**

**APRIL–JUNE 2016**

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**ABOVE AND BEYOND**

“We had 100% of the participants in this program graduate, a testament to the resilience and perseverance of this group of women. Not a single participant missed a day of CNA training, which was a rigorous 99-hour program that exceeded federal requirements. The women often had 8-10 chapters to read each night. Their hard work paid off—all who took the state-administered CNA test passed on the first try. Many are currently earning $11-$13 an hour with full benefits and opportunities to advance.”

— Brittany Gray, Sweetwater Program Director

“I am becoming a person who is a Power Mom that is confident, independent, and can overcome anything!”

— Carrie, Program Participant

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**PARTICIPANTS SERVED:**

- 11 Moms
- 19 Kids

**TRAINING DESCRIPTION:**

Included 99 hours of CNA training in partnership with Mission at Castle Rock Rehabilitation Center. Classes covered taking vital signs, perineal care, bathing, feeding, lifting, range of motion, special care, infection control and promoting safety.

**LIFE SKILLS CLASSES COMPLETED:**

- Parenting
- Communication Skills
- Conflict Resolution
- Nutrition
- Budgeting/Finances
- Self-care/Fitness
- Workplace Safety

**CURRENT/POTENTIAL EMPLOYERS:**

- Mission of Castle Rock Rehabilitation Center
- Sage View Care Center
- Life Skills
- Aspen Mountain Medical Center

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Restoring Hope for Generations