
WHAT THE MEMBERS SAY...

“The HOPE Program has been very beneficial to me because I don’t feel judged; I feel so welcomed. The program has given me hope that my life can get better.”

-Kim

“It’s exciting! There is always someone there for support. It’s like a family. The seminars are especially helpful.” -Angela

“There is always someone there to help, listen and understand you. I love the support.”-Monica



CALL TODAY
FOR MORE
INFORMATION

(513) 471-HOPE
(4673)

the
**Women's
Connection**

• *Women's HOPE Program* •

The Women's Connection

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Cincinnati, OH 45205

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The Women's Connection

WOMEN'S
HOPE
PROGRAM



“ONCE YOU CHOOSE
HOPE, ANYTHING'S
POSSIBLE.”

-CHRISTOPHER
REEVE

WHAT IS H.O.P.E. ?

HEALTHY & OPTIMISTIC PATH OF EMPOWERMENT



HOPE is a personalized program to support you in creating a plan to make positive changes and take charge of your life.

When becoming a member of the HOPE Program, you will be invited to:

- Create a personalized Member Action Plan (MAP)
- The Women's HOPE Circle Series
- The ACCESS Lab
- Community Workshops (ex. Stress Management, Money Management, Nutrition)
- Receive rewards for personal achievement
- No cost counseling sessions
- Supportive relationships with other members, staff, and volunteers

Member Action Plan (MAP)

Our Program Support Specialist assists you in identifying challenges within your life.

After obstacles have been determined, personal goals are prioritized and an action plan is created to achieve those goals, one step at a time.



HOPE Circle Series

This series of seminars, exclusive to HOPE members, will examine the characteristics of empowered people.



ACCESS Lab

During designated times, the ACCESS Lab Attendant facilitates resume reviews, Microsoft Office lessons, and typing instruction.

Counseling

Our licensed counselor meets one-on-one with members on a routine basis to help them navigate the emotional challenges that come along with making significant changes.

* For women living on Cincinnati's Westside, who are willing to commit to change.

CALL US TODAY FOR MORE INFORMATION!