

# Hope Women's Center Services

**Hope Empowers** (Mentoring) - Dedicated mentors to guide clients through life situations via goal-directed 1:1 sessions

**Hope Heals** (Counseling) - 1:1 counseling sessions for short-term problem-solving and talk therapy. See center manager for a referral

**Hope at Work** (Job Training) - Career preparation via classes for job preparation and advancement, GED preparation, computer literacy, and entrepreneurship. 1:1 individualized job coaching available as well.

**Hope Initiative/EMA** (Every Mother's Advocate) - 8-12 week program of 1:1 sessions for pregnant and parenting mothers needing extra support. Program includes parenting curriculum and goal-creation to promote independence in parenting skills. Long-term support for moms with open DCS cases.

**Hope Equips** (Education classes) - Life skills classes to promote independence in a variety of activities. Examples of classes include financial literacy, cooking, crafting, emotional health, boundaries, ESL, health/nutrition, gardening, and exercise.

**Hope Healthy Start** (Pregnancy & Postpartum) - Providing pregnancy tests, proof of pregnancy, and classes and support groups on pregnancy, childbirth, breastfeeding, and parenting in addition to referrals to our partner agencies.

**Hope on the Road** (Mobile services) All of Hope's direct client services provided at partner sites in the community and virtually via video platforms to expand our reach and serve more women throughout the state of Arizona.

**Hope Grows** Capital Growth & Center Expansion) We strive to add more physical centers and modify our current properties to meet the growing need for our services across Arizona

**Hope Leads** (Leadership Development - \*Launching 2025) As we recognize leadership potential and the need for peer support within our core client base, we strive to raise up leaders and develop their skills to be change makers and innovators in our communities.

**Hope Overcomes** (Recovery/Prevention) - Classes, support groups, counseling, and mentoring to promote recovery from and prevention of substance abuse and support those who have been affected by use of substances in their families.

**Hope Restores** (Abuse / Sexual Assault) - Classes, support groups, counseling, and mentoring to promote recovery from and prevention of domestic violence, abuse, and sexual assault and support those who have been affected by abuse in their families

**Hope Thrives** (Faith-based classes) - Bible studies and classes that introduce clients to the Christian faith, encourage them to view themselves through the lens of their worth and value in God's eyes, and promote positive faith experiences.

**Hope Provides** (Material Assistance) - Material assistance provided in exchange for engagement in programming. Items include diapers, clothing, food boxes, meals, utility assistance, birthday cakes and gifts for children, toiletries, Christmas gifts, and more. Hope Provides relies on community donations and available items will vary based on center. Emergency material assistance provided on a case-by-case basis.

**Hope Kids** (Kid's Programming) - At physical centers, moms can utilize childcare for children 0-5 while participating in programming.

**Hope for Teens** (Teen-specific programming) Classes and support groups focused on learning life skills, promoting emotional and mental health, and experiencing positive friendships.

\*Services may vary based on location. Most services offered in-person and virtually via Zoom.

