



January 2015 | Transitions | eNewsletter



Futures: Supporting Women and Girls in Transforming Their Lives

"Futures is about empowering young women. Women are often the providers for the family, so the more skills and opportunities that we give them, the higher their academic achievement and employment will be," explained Lissa Ramsepaul, THC's Director of Clinical Services. For this reason, THC is launching our newest program, Futures.

This training and experiential learning series will give women and girls the opportunity to gain financial literacy skills and real-world work experiences. The combination of learning and short term internship opportunities is intended to support women in getting higher paying jobs, increase employment, and give them more access to educational opportunities.

Futures will be specifically focused on women between the ages of 19 and 21 years old, while Futures Jr. will focus on two age groups: 12-14 and 15-18. Through weekly workshops, THC staff will discuss issues ranging from budgeting, financial assistance for higher education, resume writing and more. Each workshop series will be modified based on the age of the participants to engage them in ways that they find meaningful. After the workshop series, the women and girls will move on to their internship opportunities! By working at local stores and organizations, they will gain valuable knowledge and first-hand experience in different work environments.



This winter, 103 families will begin their journey with this program! Futures was created through the generosity of the Washington Area Women's Foundation Rainmakers Giving Circle.

Wondering how to get involved in Futures?

THC is looking for volunteers and supporters to get involved in a variety of ways. First and foremost we are searching for internship placement sites for our participants--if you own a small business, run an organization, or are looking for administrative support please contact Lissa Ramsepaul at lramsepaul@thcdc.org and Rada Moss at rmoss@thcdc.org to talk about ways to collaborate!

Additionally, THC is looking for volunteers from a variety of professional backgrounds that are committed to the advancement of women and girls to support our weekly workshops! Contact Kate Stritzinger at kstritzinger@thcdc.org to learn more about this volunteer opportunity.



Coming Together and Spreading Cheer

The holiday season is a heartwarming time to spend with family and friends. For a parent, it can also be a stressful time as the costs of presents can be high, and the pressure of wanting to create a memorable holiday experience for your kids looms.

This is where St. Francis Episcopal Church of Great Falls steps in. They know that for a family exiting the shelter system, the resources to create these memories and to buy these presents might not be available. For the past 5 years, the folks at St. Francis have come together to support THC families.

This congregation begins preparing in early November, inspiring members of their community to contribute hundreds of gifts for the youth in our programs. Next comes the event planning – selecting food, creating a system for gift distribution, preparing the Bingo boards and creating the perfect arts & crafts activities. All of this hard work and planning came together on December 20th, at a party where families from THC and Samaritan Ministry of Greater Washington gathered to celebrate. It was an inspiring day as families, volunteers and staff laughed often and talked excitedly in fellowship. While the party and crafts continued on, parents would quietly explore the toy shop, choosing the perfect items for their unknowing children.

Many thanks St. Francis Episcopal Church of Great Falls for your thoughtfulness, your contributions and your unwavering support of THC families. To see more photos from this day, check out the album on our Facebook page: <http://on.fb.me/1wQcoAD>

Thanks for Making our Holidays Bright!

This year a number of groups donated gifts and other household items to ease the financial burdens of our families during the holiday season. Thank you to the following groups for contributing this year!

- BuckleySandler, LLC
- Cohn Reznick
- Fannie Mae
- St. Mark's Episcopal Church, DC
- Young Leaders in Affordable Housing

Where can homeless people go during the winter?

Families seeking shelter can contact the Virginia Williams Family Resource Center located at 920 Rhode Island Ave NE at 202-526-0017 between 8:30am-4pm M-Th. This is a homeless service provider specifically for families in DC. After 4pm, families can call the homeless shelter hotline at 1-800-535-7252.

Individuals seeking shelter can contact the shelter hotline directly at 1-800-535-7252.



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