



## *Uplift People of Elk Grove*



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### What We're About

Our mission is to build a community that empowers individuals and families to break the cycle of poverty and move to a place of more abundant lives. Uplift People of Elk Grove uses a comprehensive and holistic approach which focuses on avoiding homelessness, continuing education, managing finances, securing employment, self-evaluating, recognizing the impact of trauma, and moving off public assistance.

Uplift is built on the philosophy that all participants will gain greatly from their experience and that we all benefit from the support and encouragement of others. We bridge the cultural and socioeconomic class lines that often divide us. We work to challenge preconceived beliefs about poverty. We recognize that poverty does not just exist financially but can also present itself in a physical, cognitive, emotional, social, relational, or spiritual form.



*"I now have a support group and tools to improve my everyday life."*

-Uplift Participant



### Weekly Meetings

Weekly meetings are the core of Uplift People of Elk Grove. At our meetings we provide:

- ◇ Dinner
- ◇ Fellowship
- ◇ Presentations
- ◇ Educational Curriculum
- ◇ Goal Setting
- ◇ Workshops
- ◇ Childcare and junior/high school programs are available for families with children.

We recognize that transition from surviving to thriving takes time and requires change. Therefore, participants are asked to dedicate a minimum of 18 months to benefit from the program.



## What You Can Expect As A Participant

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People join Uplift to create change in their lives or to support others as they journey towards more abundance. No matter the reason, everyone is encouraged to complete the curriculum, to set goals, and to share their unique gifts and experiences with others.

Participants build intentional relationships across class and cultural lines. They help each other identify barriers which limit success. They assess strengths and resources used to achieve goals. They receive tools, education, and a support network. Participants then use their newly acquired skills to make a positive impact in their community.

## How You Can Support Our Mission

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- ◇ Become a participant.
- ◇ Share your special skills or experiences.
- ◇ Provide dinner for a meeting.
- ◇ Facilitate a life skills workshop.
- ◇ Donate items for fundraising events.
- ◇ Make a cash donation.

## What Does Uplift Mean To Me?

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Written by Deborah (Uplift participant)

*Unity*

*Provides a safe space to grow*

*Learning to set and achieve goals*

*Instills self-acceptance and self-respect*

*Fight for advocacy and change*

*Teaches community, abundance and financial freedom*



*“I have gained a family of people committed to working to improve their lives and the lives of others. I have learned that every person has a story to share about success and failures. We all need to listen without judgment. We all have something to give.”*

-Uplift Participant

