

# ELIGIBILITY REQUIREMENTS

## A Lift Up

Since its inception almost 200 years ago, City Mission has provided help to the area's most vulnerable individuals and families. Populations served by City Mission are economically challenged and are often in crisis because of unexpected expenses, illness, unemployment, low income, or sudden emergencies.

A Lift Up is a two year, voluntary program that supports single mothers who are at risk of losing their housing due to back rent and/or utilities, and need support with budgeting and long term goals for economic stability. The program utilizes both individual case management and group support to address economic challenges and to help the women obtain their personal goals for housing stability, education/training, and/or employment. Participants also benefit from referrals to outside resources such as health care, childcare, housing search and entitlement programs, as well as in-kind donations such as clothing and toys through the City Mission Christmas Shop program.

### ELIGIBILITY CRITERIA INCLUDE

- ◆ Boston Resident
- ◆ Female-headed household w/at least one child under 18
- ◆ At risk of becoming homeless
- ◆ Sustainable housing situation (*with limited assistance*)
- ◆ Motivated to participate regularly in monthly individual & group meetings

### PROGRAM SUPPORTS

- ◆ Monthly evening support groups (*childcare provided*)

#### Topics include

- ◆ Financial Literacy/Budgeting
- ◆ Self Esteem
- ◆ Parenting
- ◆ Healthy Relationships
- ◆ Healthy Living/Stress Management

### CASE MANAGEMENT

- ◆ In-depth needs assessment
- ◆ Individualized 2 year Action Plan
- ◆ Referrals to community-based resources
- ◆ Ongoing support & coaching

### LIMITED FINANCIAL ASSISTANCE

- ◆ 1st year only

### IN-KIND HOLIDAY ASSISTANCE

- ◆ New toys, clothing, household goods

*Being a part of A Lift Up has redirected me and given me hope. At one point in my life, I felt hopeless and I thought nothing would work out. This group has made me realize that I'm not alone and you can get help. This program has really helped me in so many ways, not just financially, but emotionally. Even though these are hard times, my goal is to work on being in a better financial situation and maintaining it. Thank you.*

**A Lift Up Participant**

### THE NEXT A LIFT UP GROUP WILL BEGIN IN SEPTEMBER 2016

If you are interested in participating or would like to refer someone for the program, please contact Lynda Watson, Director of Homelessness Prevention at (617) 742-6830, extension 205.