

What is WomenCare?

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A COMMUNITY
MENTORING
PROGRAM
FOR WOMEN

WomenCare mentoring is a program of The Center Foundation. The purpose of WomenCare is to link local women in transition with women volunteers who are more experienced in life and work. WomenCare collaborates with various agencies in Delaware County. The program is also open to women in the broader community.

Womencare is community-based, not workplace specific, and is committed to addressing the full spectrum of issues affecting women and their families. The program is currently focused on serving the needs of women in the initial stages of gaining independence and self-sufficiency. Mentoring partnerships and training workshops assist in working toward goals in areas such as:

- **Budget management**
- **Problem Solving**

- **Housing**
- **Family stability**
- **Personal growth**
- **Balancing family & work**
- **Education**
- **Relating to others**

"WomenCare is a project that means more to [our] women than any other service that we provide.... In all of my travels, I have never seen another program like WomenCare, which successfully crosses culture lines and brings together groups of women who would otherwise never have the opportunity to know one another. [WomenCare] broadens our women's horizons tremendously."

Carol Goertzel
C.E.O., PathWays PA

The Mentors

WomenCare mentors are a diverse group of caring women. They come from different backgrounds and different life experiences. Good mentors are understanding, open-minded, resourceful, good listeners, and are experienced at life and work.

All volunteers are interviewed and screened. Free training and support are also provided both initially and throughout the course of a mentoring relationship. Regular group activities and volunteer development programs are arranged by WomenCare. Particular attention is given to helping mentors and partners deal with issues such as cultural, racial, economic diversity, conflict resolution, and communication styles. Activity costs are covered by the program.

*"I've learned as much as I've taught.
The program is... empowering women,
which is something this society needs."
- WomenCare Mentor*

The Mentor Partners

Any woman who seeks help in developing her vision for the future is welcome to apply for a match with a mentor. This includes low-income women, single and teen mothers, survivors of domestic abuse, women going back to school, women entering or re-entering the workforce, and others. Because we believe that everyone needs assistance sometimes, we refer to the women who seek mentors as "partners". Other mentoring programs might use the word "mentee" or "protégé".

We interview and screen partners to try to provide the best match for their needs. Training is provided for partners along with on-going support from program staff. Regular group activities are also planned by WomenCare. All training and programs are free, and all participants receive assistance with childcare and transportation costs related to the program.



"My mentor gave me a sense of responsibility and brought back my self-esteem." - WomenCare Mentor Partner



How do I get involved?

Think:

- Are you feeling stuck? Do you think you could use a mentor's support in discovering the first or next step toward independence and self-sufficiency? Do you have important needs that you have been unable to work on because you're unsure where to begin?
- Or, are you experienced at life and work and happy with where you are? Could you provide guidance, support and friendship to another woman, assisting her to set and reach some of her own goals?

Decide:

- Do you have the time? WomenCare asks for a commitment of 1 year, and approximately 2 hours per week. We also hold monthly group events which include in-service training, workshops, family events and mentor and partner support meetings.

Act:

- Complete and return the application/information request on this brochure to The Center Foundation.

Thank You

For your interest in WomenCare!
To receive an application to the program, please complete this form and send it to:

The Center Foundation

220 North Jackson St., Media, PA 19063
or fax it to: (610) 565-3684

- Please send a Mentor application.
- Please send a Mentor Partner (mentee) application.
- I'd like to know more, please call me.
- I can't be a Mentor/Partner right now but would like to volunteer.
- I can't volunteer right now, but am enclosing a contribution of \$_____ to help women help themselves.

Name

Address

Phone (day)

Email

How did you hear about us?

The Center Foundation is a tax-exempt organization under IRC 501(c)(3) and is registered with the Pennsylvania Bureau of Charitable Organizations. The official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.