

About Wellspring

Wellspring is a place of peace for women. Wellspring provides safety, security and belonging through peer support, personal growth opportunities, resource and referral so women 18 and older may heal, connect, grow and become successfully on their feet again.

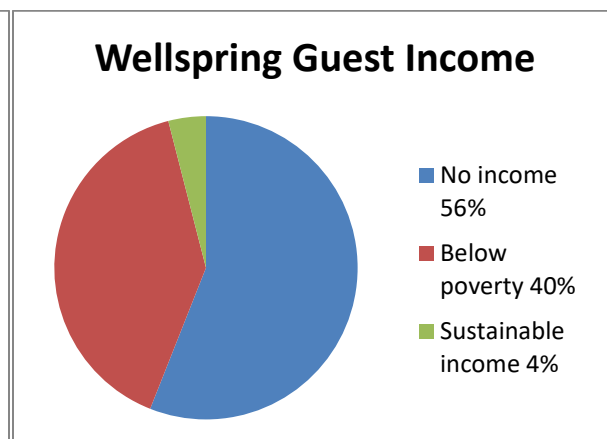
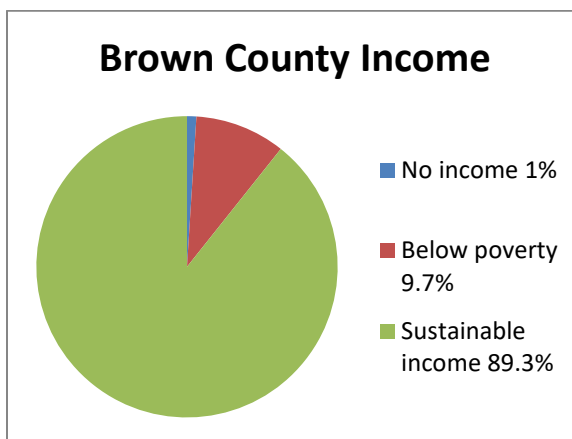
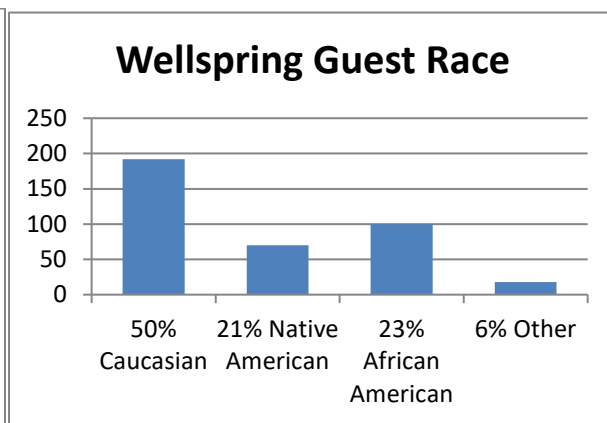
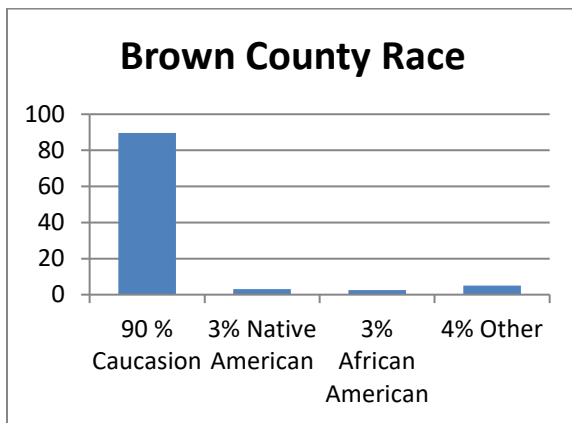
Mission: To empower women to reach their fullest potential

Vision: Within a compassionate and accepting atmosphere we invite women of all cultures, age, economic status, and religious backgrounds to elevate their mind, body, and spirit. We foster an atmosphere of dignity and respect through networking, empathetic listening, and mentoring. We offer meaningful resources to help women grow, renew, and become empowered.

Year	Women Served	Year	Women Served
2017	339	2014	309
2016	383	2013	278
2015	328	2012	196

Women served were between 18 – 82 years old
 20% between 18 – 34 48 % between 35 – 54 24% between 55-64 8% are 60 +

About 50% have a disability



Challenges Include:

- Low self-esteem
- Unemployment/under employment
- Homelessness
- Mental Illness
- Alcohol and Other Drug Abuse
- Abusive Relationships



Art Therapy

Empowering Women is a foundational platform. We center on mind, body, and spirit-growth to raise a woman’s self-worth which in turn allows her to focus on overcoming trauma, addictions or other challenges preventing her from moving forward in life.

- **Mind** area focuses on “the courage to be yourself”, “growing as a woman” and recovery topics.
- **Body** area looks at nutrition and fitness.
- **Spirit** happens through a daily time of reflection and women growing in relationships with each other, peer- to- peer support, networking and friendships.

Interactions at Wellspring through individual activities, group activities, and positive mentoring from 21 dedicated staff volunteers and 1.5 staff people allow the women to grow at their own pace. This leads to a positive sense of self, finding a job, gaining a stable living situation, getting into or sticking with recovery, starting and continuing education.

Wellspring is 100% self-supporting. We rely on gifts from individuals, businesses and foundations to sustain our programming. This 19 year old program does not duplicate any other services within the community and needs ongoing support for sustainability. Volunteers contribute \$74,155.36 worth of service on an annual basis.

Program expenses	81.80%
Rent/Heat/Lights overhead	18.20%



Wellspring Booth at On Broadway Farmer’s Market

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