

# Rise Up Outreach\*

## What is the Warrior Princess Project?

The Warrior Princess project is a pilot program that aims to increase the use of tools and exercises to first identify negative thought patterns, self talk, habits, lack of confidence, low self-esteem, unhealthy nutrition, diet, and exercise from a holistic perspective.

## Activities and Program Benefits

All Group Discussions and physical Activities will address topics such as Self Care, Stress Management, Diet and Exercise, Meditation, and Personal transformation through holistic and creative methodologies.

Rise Up Outreach staff will offer each participant individual coaching personalized to meet their self help and wellness goal.

To attend all program activities, Participants will be offered:

- Transportation supports
- Healthy Prepared Meals
- Child care reimbursements for mothers
- Grocery or Meal Certificates
- Weekly stipends for their involvement in the program (only offered to those that are Unemployed and/or not on any type of Social Assistance program)

Participants will become calmer and non-reactive in stressful situations.

Participants will gain Psychological and emotional growth and development.

Participants will become focused and receptive to their personal goals and aspirations.

Participants will recognize their personal needs and the process of transformation that is necessary to develop the courage and inner strength to support determined effort and develop discipline, integrity, and intention.

## Goal and Objectives

### Goal:

Encouraging low-income and at-risk young girls and women to manage their wellness goals from a holistic perspective and sharing alternative methods of self-empowerment when moving past their personal and social afflictions.

### Objectives:

Increase an awareness of healthy nutrition, exercise, and positive lifestyle changes amongst the participants.

Increase access to the mentors that will assist with the sustainability of the participants long-term wellness goals.

Increase peer mentorship and support amongst low-income young girls and women.

Increase access to the resources required by the target participants when approaching their wellness goals.

## Background of the Organization

*Rise Up Outreach* is the Community division of Rise Up Inc.

### Mission:

Supporting high risk young girls and women through their growth and situational changes from a holistic perspective.

### Vision:

To inspire the desire to be better today than you were the day before. To encourage self-empowerment, emotional healing, freedom and support in both women and young girls; Giving their voice the value that they seek to align themselves with the woman they want to be in order to become whole individuals.

## For more information and to partner please contact us at:

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