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 1805 Airline Blvd. • Portsmouth, VA 23707
 109 ½ Clay St. • Suffolk, VA 23434
 100 West 4th Ave. • Franklin, VA 23851

(757) 622.7017
www.TheUpCenter.org



OBICI AWARDS GRANT TO THE UP CENTER

Through a grant from Obici Healthcare Foundation, our Suffolk Outpatient Counseling program can help even more people! The funding supports a new training program for counseling professionals in the Western Tidewater area. Thank you Obici Healthcare Foundation!

Community Partner



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UPDATES

THE QUARTERLY NEWSLETTER OF THE UP CENTER

SUMMER 2014

Moving Forward

Raheem White's story is one you've heard before, of a promising young life at risk of slipping through the cracks to become another statistic. Raheem was barely getting by in a down-and-out neighborhood of Norfolk, with only his mother to care for him and his young brothers, one suffering from serious illness. When his mother lost her job, Raheem's fast food paycheck became vital and he dropped out of high school, just shy of graduation, to feed his family.

Then Raheem found The Up Center and joined the first class of Face Forward, a unique diversion program for at-risk youth in Norfolk. Throughout 14 weeks of job training and support services, Raheem "looked forward to going to work at Up Center Books." He quickly picked up the technical skills and caught on to the intrinsic lessons as well, learning, in his words, "to have patience... to work through challenges."

Raheem's case worker, Trayva Overton, also extended her services to his family. Trayva removed a major obstacle when she assisted his brother to get the medical care he needed. Because of that and other similar help, Raheem's chances for success increased.

As a Face Forward graduate, his mother newly-employed and both brothers on track to complete high school, 23-year-old Raheem can plan a future that seemed impossible just a few months ago. Through the continuing support through Face Forward, Raheem is earning his high school diploma, with plans to join the Merchant Marines and travel the world.

Now empowered to handle life's challenges, Raheem has set the completion date for his upcoming birthday, when he'll also celebrate his new independence. That date? July 4.



"Don't waste an opportunity."
 Raheem White, Face Forward graduate

JOIN THE PARTY!

Love live music? Enjoy fresh air?

Volunteer with The Up Center this festival season and be a part of the celebration!

Just 3 hours can help more than 10,000 people!

Volunteers will help manage beverage sales. All tips and a percentage of sales support the agency's programs and services, helping 10,000 people in Hampton Roads every year.

Visit TheUpCenter.org and sign up today!



Saturday, June 21



Saturday, September 20



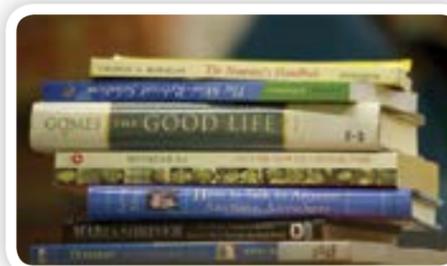
Saturday, October 18

How you can help kids like Raheem...

Buy a Book. Build a Life. 100% of sales support our Fatherhood and Face Forward job training programs.

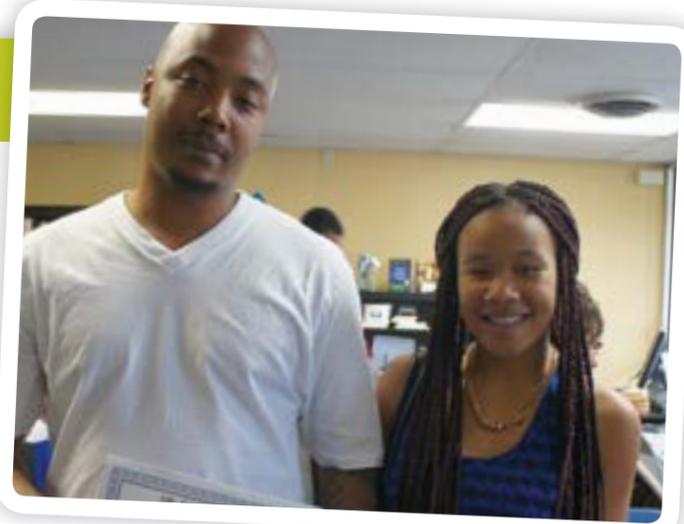
Visit our Norfolk store and choose from over 15,000 books!

1011 W. 25th Street, Norfolk
 Tuesday – Saturday, 10:00a.m. to 5:00p.m.



HAPPY FATHER'S DAY!

We see you every day, working hard to better care for yourself and your families, with support from The Up Center's job training program, counseling services, and parenting classes. Your strength and bravery in seeking help are inspiring. Happy Father's Day!



Jason Carter, Up Center Books graduate and proud father

5 Easy Ways You Can Help Today:

Studies show that charitable behavior can lead to benefits for the giver. Helping others in need can lead to a sense of purpose and inner satisfaction. Here are five easy ways you can feel good today:

- 1. Clean out your book case.** Your used books and other media help fuel The Up Center's workforce training program for at-risk youth and unemployed fathers.
- 2. Laissez les bon temps roulez!** Let the good times roll when you volunteer at the Bayou Boogaloo and Cajun Festival on June 21st! Just a few hours of your time will help raise valuable funds for The Up Center's programs.
- 3. Collect supplies for young mothers.** Our early childhood education and support programs provide help for young mothers and their little ones. Items like diapers, pacifiers, monitors, and pack-n-plays help get them off to a great start.
- 4. Take advantage of complimentary hotel amenities.** Many of our foster children come to us with little to no personal items. The free soaps, lotions, shampoos you bring back from your travels can help as they transition to a new, often unfamiliar, location.
- 5. Donate online.** Your donation of \$20, \$50, \$100 can provide financial counseling for a family facing foreclosure, summer camp for a child with disabilities, help for a new mother. TheUpCenter.org/donate

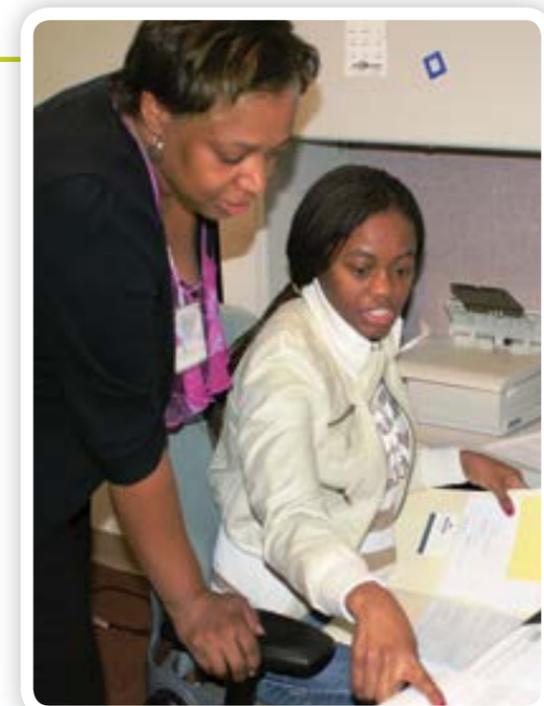


Follow us at [Facebook.com/TheUpCenter](https://www.facebook.com/TheUpCenter) and see how we make a difference every day!

These and other opportunities to get involved can be found at TheUpCenter.org or by calling 757-965-8650.

What Does \$250 Mean to You?

The Up Center regularly helps low-income residents in Hampton Roads take steps toward financial stability through classes, counseling and other services. Those services expanded with the help of the South Hampton Roads Earned Income Tax Credit Coalition (SHREITC), now chaired by The Up Center. During the recent tax filing season, 89 volunteers provided more than 1,300 individuals and families access to free tax preparation and filing. The result of that assistance was an average of \$250 in savings per filing, which can mean a lot to families in need.



"Preparing my taxes with a tax professional next to me gave me confidence that my return would be accurate... it was an enjoyable experience."

Carla Skinner, recipient of The Up Center's tax preparation assistance



2014 Tax Season

What does \$250 mean to a family of four in Hampton Roads?

For more information on financial classes and services available, call 757-965-8657.