

## Please Clip & Mail

I am interested in supporting Hand Up For Women in the following way(s):

### **VOLUNTEER SERVICE**

- \_\_\_\_\_ Training to be a mentor
- \_\_\_\_\_ Teaching Classes
- \_\_\_\_\_ Providing a meal prior to classes
- \_\_\_\_\_ Prayer support
- \_\_\_\_\_ Having a speaker from Hand UP For Women come to my church or civic group.

### **FINANCIAL SUPPORT**

- \_\_\_\_\_ Making a monthly donation of:  
\$ \_\_\_\_\_
- \_\_\_\_\_ Making a one-time gift of:  
\$ \_\_\_\_\_
- \_\_\_\_\_ Serving as a table host for our annual Fundraising Gala.
- \_\_\_\_\_ Serving as a corporate/ business sponsor for our annual Fundraising Gala.

*(Note: All donations are tax deductible.)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Additional Information: \_\_\_\_\_

\_\_\_\_\_

## Belief Statement

We believe in the trinity, God as Father, Son, and Holy Spirit, and the Bible as the written Word of God. Salvation comes through grace by believing in Jesus Christ as the only begotten Son of God, our Savior and Lord. Once saved, the Holy Spirit indwells, thereby instructing, guiding, and empowering the individual to follow the mandate of Jesus Christ in daily living.



We strive to be a source of hope to ladies with the desire and motivation to pursue a more self-sufficient lifestyle. We provide long-term relationships and classes that teach women to realize their full potential in every area of life. We introduce them to the person that God created them to be!



**HandUP**  
FOR WOMEN

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Turning hard realities into  
**abundant living.**

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## Our Mission

The goal of Hand UP For Women is to reach out with the love of Christ to women in our community who desire to move from dependency to self-sufficiency with their culture and in every aspect of life.

## Program Strategies



Every participant will attend a year-long series of Life Management, Career-Readiness and Spiritual Development classes, maintaining a minimum 90% attendance and class and homework rate in order to graduate.



Every participant will be matched with a trained mentor.



Every participant will give back to the program, community and country through group Community Service Projects.



Every participant will be provided with a nonjudgmental atmosphere where every woman is accepted and supported.

## Our Identity

Hand UP For Women is a life-management and career-readiness ministry that brings dignity, self-confidence and hope to women who might otherwise remain trapped in addiction, abuse, poverty and despair. Through the combination of classes, mentoring, networking, friendship and spiritual development, we help women realize skills, self-sufficiency and faith to become what God intends them to be.

Because of the long-term investment in their lives made by all those involved in Hand UP For Women, participants find and own the personal strength and courage to achieve self-reliance.



## History at a Glance

- 2002 - Founded**  
Hand UP For Women becomes an official nonprofit organization.
- 2003**  
Began serving first participants, particularly women in the Knox County area.
- 2004**  
Women's Missionary Union awarded the site their Endowment Fund Award.
- 2005 & 2006**  
The Acton Institute, a nonprofit educational organization in Grand Rapids, Michigan, named Hand UP For Women a Samaritan Award honoree as *"a premier example of an effective, privately funded national charity."*
- 2011**  
Executive Director Certified as a Nonprofit Manager by University of Tennessee
- 2016**  
Cash purchase of Duncan House as our facility
- 2019**  
Certified Recovery Organization
- Today**  
Hand UP For Women has steadily expanded its programming, graduating over 100 women and serving hundreds more.

The Knoxville News Sentinel and WBIR TV regularly feature stories of the women whose lives have been transformed by the program.