

Graduates in other cities have:

- Earned their GED
- Started college
- Graduated college
- Found a job or got a better job
- Started their own business
- Volunteered in their community
- Lost weight
- Created a support network
- Improved their credit score
- Developed plans to reduce debt
- Taken a leadership course
- Working towards buying a new home

What would you like to do?

“Moving UP is a great program. Stick with it. You are going to learn a lot. It will take you further in life. If you want to move up, this is the program for you.”

Amber



You are invited to join a small group of people so you can:

Find your strengths

Share your experiences

Learn from others

Create a plan to reach your goals

Where can I find out more? How do I sign up:

**Contact Moving Up at
Loaves & Fishes
Community Services**

630-355-3663

movingup@loaves-fishes.org

moving UP

TAKING STEPS TOWARD THE LIFE YOU WANT



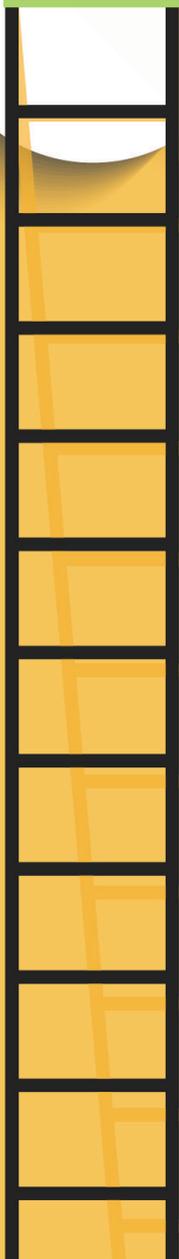
Loaves & Fishes
Community Services

1871 High Grove Lane | Naperville, IL 60540

Unleash your potential!

moving UP

TAKING STEPS TOWARD THE LIFE YOU WANT



**Discover how
you can plan
your future and
take control of
your life.**

Join Moving UP!

*Based on “Getting
Ahead in a Just
Getting By World”*

Unleash your potential with Moving Up!

Moving Up is a 16 week, 50 hour class in which we will investigate the impact poverty and low wages have on us and what it takes to move from **just getting by** to **Moving Up**.

The goal is to build resources for your financial future based on **your plan for your life**. No one teaches you what you need to learn—you'll discover what's **best for you** by participating in informal problem-solving discussions in a kitchen-table small group format.

Moving Up gives you the opportunity to:

1. Build on your strengths
2. Investigate community resources
3. Create a plan for the life you want including SMART goals and action steps
4. Gain new friends, a greater understanding of yourself and others and learn new skills to improve your life situation
5. Work with a mentor to make a positive difference in your life

Even in hard times you can move ahead, learn new skills and change your life for the better.

WHO?

Are you serious about changing your life for the better? Can you commit to a once per week, 16-week workshop? This program is for those who want to live a financially and emotionally self-sufficient life.

WHERE?

St. Thomas the Apostle Catholic Church
1500 Brookdale Road, Naperville, IL 60563

WHEN?

You'll meet for 3 hours every week for 16 weeks with your group of up to 15 people. Groups begin January 2018.

COST?

NONE! In fact, **we pay you for your time and experience.**

INCLUDED IN THIS PROGRAM:

- ★ Free family meal before each session
- ★ Free on-site babysitting
- ★ \$25 gift card for each session you attend

"I've always had the inspiration to do better, but life is hard. It was hard to know who to reach out to or where to go for help. I am so thankful for this program. It taught me how to follow my dreams." Cory

