

# PERSONAL DEVELOPMENT

Wellness Workshops provide men and women with an opportunity to learn how to live healthier lives by learning life skills to overcome challenges. Our life changing workshops also connect you with support and services that empower you through your crisis.

Utilizing a network of resources, we assist with food, clothing, job searches, resume writing and emotional support helping you to get back on your feet.

## SERVICES

- Crisis Advocacy
- Life Coaching, Counseling
- Personal One-One and Peer to Peer
- Seminars / Workshops

### TURN OFF THE STRESS SERIES

Your first steps to a healthier lifestyle. Stress Relief 101, Coping skills, Cognitive Therapy Exercises and so much more.

### SEMINAR TOPICS

**Topics:** Stress Relief, Time Management, Balance, Values, Life Purpose, Enduring Trials with Joy, Successful Christian Living, Love Yourself to Health.

# VOLUNTEER



### Volunteer opportunities for

- School and Community Service Hrs.
- College Internships
- Senior Citizens
- Great for Families to serve together

You can organize a drive to collect needed items throughout the year, serve on a team at an outreach, help with media and video at an event, and assist with office work.

**YOU can make a difference, sign up to volunteer!**

-  862-239-5905
-  INFO@POWEROFONECCOM.ORG
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EMPOWERING HEALTHY COMMUNITIES



# Power of One

## OUR MISSION

Power of One is a 501 (c) 3 Public Charity, **impacting seniors, veterans, disabled, and families with children.**

Our team is committed to alleviating poverty by providing Personal Development, Wellness Workshops and valuable resources that assist families and individuals back to independence.



# ALLEVIATING POVERTY

Changing people's lives with a message of hope!

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# ALLEVIATING POVERTY

## EMPOWERING HEALTHY COMMUNITIES

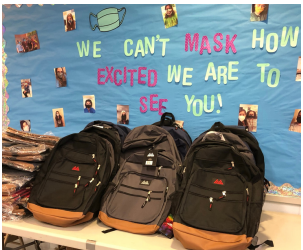
# MENTAL HEALTH AWARENESS



## Back2School OUTREACH

Reaching out to underprivileged children with non-perishable food items and school supplies

- Serving the Clifton community with backpacks filled with school supplies equipping students with the tools they need to succeed. **School Supply Drive runs during July-August.** Backpacks are provided to Clifton Schools, community partners and families we serve.
- **ONE DAY Shopping Event:** Discounts on clothing at Forman Mills.



## HUNGER doesn't STOP

- **Food packages for food insecure families** during School Breaks. Filling the gap when school is closed so students return ready to learn. Pkgs. are provided to school principals and families we serve.
- **Covid-19 Pandemic Food Distribution and Endemic Services** for Senior Citizens, Veterans, Disabled, and shut ins. Serving Senior Housing Buildings in Clifton. Funded through the City of Clifton.



- **Children's Christmas Party and Toy Give-Away** celebrated with community partners and families we serve during the year.

- **Thanksgiving Day Community Dinner** for Veterans, Seniors, and individuals without nearby family.

- **Crisis Advocacy:** Individual emotional support while connecting families to resources that help alleviate poverty.



- **Public Access Television Show "Conversations that Inspire"**  
Our Advocacy for Mental Health on Altice Cable Network Northern New Jersey Channels 21/76/77 and 40 on Fios Sundays @12:30pm and Wednesdays @6pm, 7am weekdays Clifton 77/40 - Anytime on YouTube

### FUNDRAISERS/SPONSORSHIP

Donations are greatly accepted!

- **SAND ART BOOTH:** School HSA's can receive 20% of proceeds of sales from events. Win Win for everyone!
- **FAMILY FUN DAY Fundraiser:** A fun day for the whole family with clowns, activities and games.
- **COMMUNITY RESOURCE EXPO:** Connecting families and agencies to helpful resources. A collaboration with over 50 agencies and vendors.

ENCOURAGE

EMPOWER

EQUIP

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