

YWCA St. Paul

The YWCA St. Paul has served the community for close to a century. YWCA programs help to make our community a better place for women, children and families. Programs include:

- ◆ **Housing and Supportive Services**

Transitional Housing Program (THP)

Family Intervention Program (FIP)

Family Preservation Program (FPP)

- ◆ **Youth Development**

Y's Kids Club Child Care Center (YKC)

Youth Achievers Program (YAP) and the

Girls LEAP component

- ◆ **Employment Readiness & Training for Young Adults**

IMPACT Program

- ◆ **Health and Fitness Center**

Specialty Classes Including Yoga, Pilates,

Tai Chi and More!

Group Fitness Classes

Strength and Cardio Equipment

Personal Training

Swim Classes for Children and Adults

For more information about these programs or to become involved with the YWCA St. Paul through volunteering or by making a donation, contact us at:

eliminating racism
empowering women
ywca

St. Paul

375 Selby Avenue

St. Paul, MN 55102

Tel: 651-222-3741

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transitional housing program

providing safe housing & supportive services for homeless families



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Preparing Families for Self-Sufficiency

- A decent place to live

- Nourishing food to eat

- A safe and loving home in which to raise children

While it's easy for most of us to take these things for granted, they remain beyond the reach of countless families in our community today. The YWCA St. Paul **Transitional Housing Program (THP)** reaches out to these families in need.

The THP provides a bridge for homeless women with children striving to move from homelessness to self-sufficiency and independent living.

Rebuilding Lives With Services & Compassion

A wide range of services, provided by the YWCA as well as collaborating agencies, help the women develop the skills they need for self-sufficiency including:

- ◆ Safe, affordable housing
- ◆ Case management
- ◆ Family stabilization services
- ◆ Life skills training
- ◆ Motivational workshops
- ◆ Job readiness & job search training

Empowering Families

- ◆ The YWCA St. Paul THP was the first transitional housing program in the Twin Cities (1986).
- ◆ The Program serves an average of 42 families (136 women and children) annually.
- ◆ The YWCA owns and operates three housing sites that include a total of 36 apartments.
- ◆ The low staff-to-client ratio ensures that services are tailored to meet the needs of each family.
- ◆ Programming and services for the children as well as fun family enrichment activities build on each family's strengths and promote the well-being of the children.



Serving Families in Need

Women who wish to enroll in the THP must meet the following eligibility requirements:

- ◆ At least 18 years old with minor children in their primary care by their Program move-in date
- ◆ Homeless (as defined by HUD)
- ◆ 30% or less than median income level
- ◆ Established, regular source of income
- ◆ Chemically-free for at least three months prior to Program entry
- ◆ Committed to making positive changes in their lives by maintaining a chemical-free lifestyle and working toward employment goals
- ◆ Have the ability to live independently in a Program facility in accordance with Program rules & regulations

For more information or
to request a THP application,
please contact:

YWCA St. Paul
651-293-9296

thp@ywcaofstpaul.org
www.ywcaofstpaul.org