**Raising HOPE Women Mentoring Women to Success**

**CALENDAR October 2023 - December 2024**

**Workshops, Support Groups, Events, Training Dates**

**2023 Fall Training & Orientation Dates:**

**10/14/23 Fall Mentor Training**

**10/28/23 Fall Mentee Training**

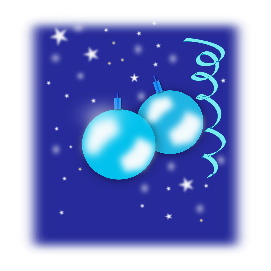
**11/4/23 Fall Orientation**

* **Workshops are FREE to all women who register.**
* **Support Groups are for Program Participants.**
* **You must be accepted into the program in order to attend Mentor/Mentee Training & Orientation.**

**Wednesday, October 18, 2023, 12:30 - 1:30 pm,** **Mentor Support Group/Lunch.** Active Mentors: Please join us for a yummy lunch and for tips and tales about mentoring women to success.

**Wednesday, November 8, 2023, 6:30 - 7:30 pm. Virtual Workshop. “The Vein of Gold: A Journey to Your Creative Heart” with Program Assistant Cecilia Deferrari.** We will mine for treasure together using time proven exercises & tools from the humble master of creativity, Julia Cameron.

**Wednesday, November 15, 2023, 6:30 - 7:30 pm. Virtual** **Mentee Support Group.** Raising HOPE mentees: Join us in this opportunity to check in with the group about the progress of your goals and to ask for suggestions, ideas and resources. *Open to all active mentees and former mentees.*

**Wednesday, December 13, 2023, 6:00 - 7:30 pm. Holiday Party (Location TBA):** It’s time for Mentees and Mentors to celebrate together at our Annual Holiday Party! We will play games, decorate cookies, and feast of course! All Mentees in attendance will receive a holiday gift card. Mark your calendars and *please RSVP by December 1st \*let us know if you plan to bring your children\* so we can reserve the correct number of holiday meals to* [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org)

**Wednesday, January 10, 2024, 6:30 - 7:30 pm. Virtual Workshop: “Writing in the New Year: Visioning Workshop”** with Raising HOPE Team. Mentees & Mentors please join us for a creative opportunity to explore your goals for the new year through a series of short writing prompts.

**Wednesday, January 24, 2024,** **12:30 - 1:30 pm. Mentor Support Group/Lunch:** Active Mentors, please join us for a yummy lunch, and for tips and tales about mentoring women to success. Please RSVP by emailing [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org) for restaurant location by 1/01/2024.

**Wednesday, January 31, 2024, 6:30 - 8:00 pm.** **Mentee Support Group/In Person Dinner:** Join us for dinner and an opportunity to check in with the group about the progress of your goals, and to ask for suggestions, ideas and resources. *Open to all active mentees and former mentees.* Email [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org) for restaurant location & to reserve your spot by 1/15/2024.

**Wednesday, February 7, 2024, 6:30 - 7:30 pm. Virtual Workshop: “Identity Map” with Program Director Amy Summers**. Mentors & Mentees please join us for an exploration of identity. We will create an identity map (a treasure map of what lights us up and makes us unique). We will discover which values, qualities and beliefs inform how we show up in the world. We will also explore where we converge as a community.

**Wednesday, March 6, 2024, 6:30 - 8:00 pm. “Winter Soup Making & Eating” with Program Assistant Cecilia Deferrari.** Mentees & Mentors please join us *IN PERSON* to enjoy a special evening of making and eating delicious winter soup together. This workshop is open to all active mentees (their children) & mentors. Please RSVP by 3/1/24 so we know how much soup making supplies to purchase, location, and if you need childcare. [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org)



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**Wednesday, March 20, 2024,** **12:30 – 1:30 pm Mentor Support Group/Lunch.** Active Mentors: Please join us for a yummy lunch, and for tips and tales about mentoring women to success. Email to RSVP and for the restaurant location by 03/05/2024: [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org)

**Wednesday, April 3, 2024, 6:30 - 7:30 pm.** **Mentee Support Group/In Person Dinner:** Join us for dinner and an opportunity to check in with the group about the progress of your goals, to ask for suggestions, ideas and resources. *Open to all active mentees and former mentees.* Email [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org) for restaurant location, if you need childcare and to reserve your spot by 3/25/2024.

**Wednesday, May 8, 2024, 6:30 - 7:30 pm. Virtual Workshop: “Researching Funding Sources for Higher Education” with Program Assistant Cecilia Deferrari.** Mentees & Mentors join us for an introduction about how to research grants & scholarships.



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**Saturday, May 18, 2024, 12:00 – 2:00 pm. Graduation Ceremony for Spring 2023 Cohort:** *Mentees & Mentors* who were paired together on April 1, 2023 it’s your graduation/closure ceremony night! Come prepared with stories to tell about your biggest accomplishments during your year of mentoring. Mentees will receive a certificate of completion. Lunch will be provided. Please RSVP to [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org) by May 1, 2024

**Wednesday, May 29, 2024,** **6:30 - 7:30 pm. Virtual Mentor Support Group:** Active Mentors please join us for tips and tales about women mentoring women to success.

**Wednesday, June 5, 2024, 6:30 – 7:30 pm (location TBA). “Putting Your Best Word Forward: Public Speaking” with Mentor Rita Vanacore.** Join us for an exercise geared to help you gain confidence through proper speaking techniques for personal & professional growth & self-confidence.

**Wednesday, July 10, 2024 5:30 - 7:00 pm. Annual Raising HOPE Summer Pizza & Pool Party!** Mentees & Mentors please join us at Rosendale Pool Pavilion for pizza, games, and swimming! We will meet at the pavilion for dinner and games and then anyone who would like to swim and sun with the group can extend the fun (pizza and pool fee is on us). *Please RSVP to* [*CDeferrari@ulsterunitedway.org*](mailto:CDeferrari@ulsterunitedway.org) *by 7/1/24 so we know how much food to order. Mentees are welcome to bring your children-please let us know so we can plan accordingly.*

**Wednesday, July 31, 2024,** **6:30 - 7:30 pm. Virtual Mentor Support Group.** Active Mentors: Please join us for tips and tales about mentoring women to success. RSVP [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org) by 7/15/2024.

**Wednesday, August 7, 2024 6:30 - 7:30 pm. Virtual Workshop on “Putting Your Best Self Forward: Letters to Future Employers or Clients” with Mentor Wendy Saul.** Are you nervous about writing a letter of application? Are you looking for clients for your new business? Let’s talk about what works.

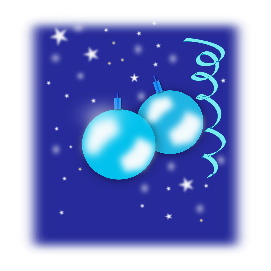
**Wednesday, September 4, 2024, 6:30 - 7:30 pm,** **Virtual Mentee Support Group.** Raising HOPE mentees: Join us in this opportunity to check in with the group about the progress of your goals and to ask for suggestions, ideas and resources. *Open to all active mentees and former mentees.*

**Wednesday, September 18, 2024, 6:30 - 7:30 pm.** **Virtual Workshop: “Re-parenting Your Inner Child” with program Director Amy Summers.** *Inner child work is the process of contacting, understanding, embracing and healing your inner child. Your inner child represents your first original self that entered into this world; it contains your capacity to experience wonder, joy, innocence, sensitivity and playfulness. Mentees and Mentors join us for some exercises in reuniting with your inner child.*

**Wednesday, November 6, 2024, 6:30 - 7:30 pm. Virtual Workshop: Self Care Night with the Raising HOPE Team.** Mentees & Mentors join Amy and Cecilia for an evening of self-care and renewal. Wear your cozy clothes, light a candle and bring your favorite cup of tea or cocoa and a bottle of body oil or lotion and we will teach you some basic reflexology techniques to calm, center and soothe you.

**Saturday, November 16, 2024, 12:00 - 2:00. Graduation Ceremony for Fall 2023 Cohort:** *Mentees & Mentors* who were paired together on November 4, 2023 it’s your graduation/closure ceremony night! Come prepared with stories to tell about your biggest accomplishments during your year of mentoring. Mentees will receive a certificate of completion. Lunch will be provided. Please RSVP to [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org) by November 1, 2024.

**Wednesday, November 20, 2024, 6:30 -7:30 pm. Virtual Mentee Support Group:** This hour offers an opportunity to check in with the group about the progress of your goals, to ask for suggestions, ideas and resources. Open to all active mentees and former mentees.

**Thursday, December 12, 2024, 6:00 - 8:00 pm. Holiday Party (Location TBA):** It’s time for Mentees and Mentors to celebrate together at our Annual Holiday Party! We will play games, decorate cookies, and feast of course! All Mentees in attendance will receive a holiday gift card. Mark your calendars and *please RSVP by December 1st \*let us know if you plan to bring your children\* so we can reserve the correct number of holiday meals to* [CDeferrari@ulsterunitedway.org](mailto:CDeferrari@ulsterunitedway.org)

**Raising HOPE Women Mentoring Women to Success**

**Are you interested in joining United Way of Ulster County Raising HOPE Women Mentoring Women to Success Program?**

**In order to attend the Spring 2024 or Fall 2024 Training/Orientation you must first:**

1. **Apply Online** [**www.ulsterunitedway.org**](http://www.ulsterunitedway.org) **(Raising HOPE in menu)**
2. **interview and be accepted into the program.**

**To apply, visit our website** [**www.ulsterunitedway.org**](http://www.ulsterunitedway.org/) **(Raising HOPE in the menu) and apply online to begin the process.**

**2024 Spring Training & Orientation:**

**4/13/24 Spring Mentor Training**

**4/20/24 Spring Mentee Training**

**5/4/24 Spring Orientation**

**2024 Fall Training & Orientation:**

**10/5/24 Fall Mentor Training**

**10/19/24 Fall Mentee Training**

**11/2/24 Fall Orientation**