



Mobility **Mentoring**[®]

Provided by YWCA Spokane

Mobility Mentoring is a professional practice of partnering with participants through an economic mobility coaching approach, focused on acquiring the resources, skills, and sustainable behavior changes necessary to attain and preserve economic independence.

- A bridge to self-sufficiency
- Individualized coaching
- Client-driven goal setting
- Consistent support
- Recognition of milestones
- Includes free, on-site childcare
- Envision self-sufficiency
 - well-being
 - family life
 - education and training
 - financial management
 - employment
 - career management

Mobility Mentoring differs from a traditional 'case-management' approach because it is informed by neuroscience, comprehensive, integrated, and organized in a way that helps participants develop and strengthen their own skills and confidence to continue setting goals, even after the mentor-participant relationship ends. Data shows that participants who complete our programs continue to achieve goals and advance their economic mobility.

eliminating racism
empowering women
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SPOKANE

Call or Text To Learn More: 509-202-0211

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