

# PLEASE HELP US SHARE THE WORD

## Empower has Resources - Needs Hickman Mills Students, Families



**What is Empower?** A free CAC program for Hickman Mills students and their families with funds, flexibility and supports to improve income, housing stability and mental health and reduce stress.

**Empower client Carolyn and her three kids moved to Kansas City to escape domestic violence. After several months in a hotel, CAC Empower case managers helped her find and apply for new housing and a better-paying job, and gave her confidence and support for a safer, brighter future.**



**What are qualifications for the program?** Have a student in the Hickman Mills School District – there are no income guidelines. Students may, but DO NOT need to, qualify for McKinney-Vento.

**What does the program do?** Two Empower case managers work with a family up to a year, to help adults and students set goals, improve housing and income stability and academic success.

**What does the program cost?** NOTHING. The program is free.

**What is required for adults and students in the program?** Meet regularly with the case manager, participate in Empower activities, and commit to setting and working on goals.

**Who puts on this program?** Community Assistance Council (CAC), the nonprofit that has a food pantry, diapers and emergency rent and utilities assistance in your neighborhood since 1976. The white building below the Ruskin H.S. football field.

**How is it free?** Empower is funded by United Way of Greater Kansas City and Children's Services Fund of Jackson County.

**What is its purpose?** United Way's goal is to reduce student mobility – to stabilize and improve family income and housing and reduce students' changing schools. The Children's Services Fund purpose is to improve student mental health and emotional well-being, so case managers work with students to reduce stress, improve socialization, support academics and connect to therapy or other resources if helpful.

**How does it help?** CAC Empower funds can be used for about anything that support these goals. Last year CAC paid for Empower students' art classes, track shoes, holiday gifts, and school rewards. And for parents, tuition and laptops for school and certifications, steel-toed boots and work uniforms, or sometime rent or utilities assistance. Case managers have found jobs for students and parents, helped with resumes and job applications, and assisted with housing applications. They've also connected students and parents to mental health supports, legal assistance, community resources and much more.

**Would this program be right for you, or someone you know?** Call Shari or Keesha at 816-763-3277, [shari.simmermon@cackc.org](mailto:shari.simmermon@cackc.org), [keesha.hinkle@cackc.org](mailto:keesha.hinkle@cackc.org), or forward this information.



**Empower mom and daughter set goals at a Vision Board event.**



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