



# FOCUS WOMEN'S RESOURCE CENTER

953 Second Street, S.E.  
Charlottesville, VA 22902  
434-293-2222 434-984-0249 (fax)  
avenue.org/focus

*Our vision is a community in which every woman achieves her full potential. Our mission is to be a community for women and their families who seek help or growth. Our services foster community, celebrate diversity, encourage empowerment and self-reliance, and support personal growth. Our primary catchment area is the city of Charlottesville and the counties of Albemarle, Fluvanna, Greene, Nelson, and Louisa, but our services are available state-wide. We receive monies from local, regional, state, and federal grants; private and individual donations; program fees; and insurance. Some programs use a sliding scale for individuals who need financial assistance.*

## At a Glance

### Counseling Services

*Individual, marital, couples, family, and group counseling for a wide range of emotional difficulties and life transitions.*

### Career Services

*Identify interests, skills, talents, and strengths through individual career counseling, groups and workshops.*

### TEENSIGHT

*Addresses the problems of teen pregnancy and at-risk youth by helping them complete high school and become responsible parents and community members.*

### Flea Market

*A source of low-cost clothes, household items and furniture.*

### Volunteerism

*Flea Market, administrative support, special events, professional programs, and child care opportunities available.*

## Our Programs

**Counseling Services** offer individual, family, marital, couples and group counseling for issues that range from emotional difficulties such as depression and anxiety to family and relationship problems to stressful life transitions. Group offerings range from divorce to single moms to depression and anxiety. Workshops offer information on a variety of health topics. *Our Art of Women* program highlights the artistic talents of local women. We are an approved internship site for the University of Virginia, Central Michigan University and the College of William and Mary.

**Career Services** provide access to interests, skills, talents, and strengths through individual career counseling, groups and workshops. The *Career Toolbox* offers help on such topics as resume writing; interviewing skills; employment negotiation; and life/work coaching. Our *Microloan Program* provides small loans to help women succeed in their career. The *Women's Alliance for Self-Sufficiency*, a collaborative *counseling and career services* program, helps women obtain the basic

tools needed to overcome obstacles to self-sufficiency through groups and workshops. The Lawyers Assistance Night and new Financial Assistance Night provide free consultations on legal and personal financial issues.

**TEENSIGHT** works with parenting, pregnant and at-risk teens by helping them to complete high school and become responsible parents and community members. The **In-School Pregnant and Parenting Teen Program** is a pregnancy and sexually transmitted disease prevention program offered in six area high schools and assists with childcare expenses. This program works hand-in-hand with the **Resource Mothers Program** by attempting to increase good birth outcomes for the mother and infant, and to reduce infant mortality, morbidity and low birth weight outcomes. **Girls Empowered to Make Success (GEMS)** targets girls 10 to 15 years old to reduce high-risk behaviors such as substance abuse and early initiation of sexual activity.

Serving the community for years, the **FOCUS Flea Market** is a source of low-cost clothes, household items and furniture. Volunteers help staff the *Flea*.

**Volunteers** are an integral part of FOCUS. Approximately 250 people a year volunteer on a regular basis. Women, men, teenagers, seniors, fraternities, and service groups provide more than 5,000 hours annually. Volunteers assist with administrative support, special events, professional programs, marketing, fundraising, grant writing, and child care. Whatever your skills, whatever your goal, there is a place for you as a volunteer.

**Community Partnerships** are important to FOCUS, our programs, and our clients. Working collaboratively with agencies, organizations, and individuals helps FOCUS bring community resources together to address the needs of our clients. We are proud partners of Starbucks at Hollymead, Albemarle High School, T.J. Maxx, Imago Relationships International, Carter Bank & Trust, and Union Bank & Trust.