



FOCUS WOMEN'S RESOURCE CENTER

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Charlottesville, VA 22902
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www.avenue.org/focus

Partnering with women for a better tomorrow.

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. We serve the areas of Charlottesville city and the counties of Albemarle, Fluvanna, Greene, Nelson, and Louisa, but our services are available statewide. 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

The Flea is a source of low-cost clothes, household items and furniture for the community.

Volunteerism

The Flea, administrative support, special events, programs, marketing, and childcare are just some of the volunteer 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* program, helps women obtain the basic tools needed to overcome obstacles to self-sufficiency through groups and workshops. Lawyers Assistance Night and 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. The Flea is located at the Ix Complex off Elliott Avenue.

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 the Flea, administrative support, special events, programs, marketing, fundraising, childcare, and more. 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, businesses, 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.

Visit us at:
www.avenue.org/focus