empowerHER® is a nonprofit organization with a very specific MISSION — to empower, support, and connect girls + young women up through age 24 who have experienced the loss of their mothers.

empowerHER was originally formed by Boston native Cara Belvin after a recognized need in the community. Cara was 9 years old when her mother Kit died of breast cancer and desperate to meet others who could relate to her loss. empowerHER is one of the only nonprofit organizations dedicated to serving girls of mother loss through events and mentorship.

Today, empowerHER is a nationwide nonprofit providing an integrated series of programming featuring year-round EVENTS for GIRLS, such as the annual Mother’s Day Retreat. Events are for girls of all ages and remain volunteer-driven, community-based, and non-therapeutic and remind girls they are not alone in their grief. In addition, empowerHER offers a MENTOR PROGRAM with positive, strong female role models for year-round support. All programs and activities are provided at no charge to the family and are available both in-person and virtually.

Thanks to the generosity of countless individuals, companies and foundations, empowerHER remains privately funded and has raised more than $5M since its inception in 2013.

www.empoweringher.org