Connect. Support. Empower

INSPIRE PERSONAL GROWTH +
Empowerment

BUILD
Confidence

MAKE LASTING
Connections

empowerHER®

MISSION & VISION

empowerHER® is an international nonprofit with a very specific mission — to empower, support, and connect children and young adults who have experienced the loss of a parent. Our programs are aimed to remind the children that they are not alone in their grief, and help show them that loss is survivable. All empowerHER programs are non-therapeutic, community-based, and volunteer-driven.

Inspired by the loss of her own mother Kit at age 9, Founder Cara Belvin formed empowerHER in 2013 to support and connect girls and young women who have experienced the loss of their mothers. As of 2023, our organization now serves all children who have lost a parent.

WHAT WE DO

empowerHER offers year-round EVENTS and an unique 1-1 MENTOR PROGRAM with positive role models from the community who have also experienced the loss of a parent. All programs and activities are provided at no charge to the family and are available in-person and virtually.

empowerHER is a volunteer-driven nonprofit with a lean staff and thousands of volunteers around the globe to help carry out our mission.

For a brief video recap of our work, please click HERE.

500+ ENROLLED

empowerHER serves 500+ brave, beautiful souls through age 24 from across the United States and the United Kingdom.

$5 MILLION RAISED

Thanks to the generosity of countless individuals, companies, and foundations, we remain privately funded and have raised over $5M since 2013.

BE A PART OF OUR STORY
www.empoweringher.org | info@empoweringher.org