A Lift Up is a two-year voluntary program for low-income single mothers at risk of losing their housing. The main goals are to keep the family housed, to address the underlying issues affecting their housing, and empower the mothers to make change in their lives. The program offers monthly workshops intensive case management, limited financial assistance, and ongoing support. Participants also receive referrals to other resources including legal aid, employment and education, as well as donations of clothing and toys through the City Mission’s Christmas Shop program.

ELIGIBILITY:
- A Boston-area resident
- A single mother with at least one child under 18 at home
- In a sustainable housing situation, but in need of some assistance
- Motivated to participate in individual and group meetings

PROGRAM SERVICES:
- Monthly Workshops (childcare, gift cards and dinner provided)
- Topics include:
  - Financial Literacy/Budgeting/Credit Repair
  - Tenants’ Rights/Eviction Process
  - Welfare Benefits
  - Workers’ Rights
  - Sexual Health
  - Consumer Protection
  - Housing Discrimination

CASE MANAGEMENT
- In-depth assessment
- Individualized 2-year action plan
- Referrals to community-based resources
- Ongoing support and coaching
- Limited Financial Assistance for Rent or Utilities
- Holiday Assistance (new toys, clothing, household goods, gift cards)

If you are interested in referring someone or learning more about the program, please visit our website: https://citymissionboston.org/a-lift-up or email hpp@citymissionboston.org.