



## Are you ready to chart a course to a better life?

At LCCM, we believe it takes more than food to end hunger. The goal of upLIFT is to build up the wellbeing, economic strength, and overall life stability of our members. Together, we will create a personalized, strengths-based plan of action while also addressing the obstacles that stand in the way of a flourishing life. This program is free and open to the community.

### Is upLIFT for me or someone I know?

upLIFT may be a good fit if :

- ✓ You are looking for someone to help kick start your action plan
- ✓ You are looking for support and accountability to drive you forward
- ✓ You lack direction, focus and clarity OR you know where you want to go, but need support getting there
- ✓ You feel lost, stuck or overwhelmed and want more for yourself or your family

### upLIFT provides:

- ✓ In-depth one-on-one coaching with a supportive ally to help you design a plan tailored to your needs. Our coach will help you break down long-term goals into smaller action steps that will keep you on a path to greater self-sufficiency
- ✓ Bi-weekly access to healthy groceries in the LCCM food pantry
- ✓ Warm referrals to partnering community resources
- ✓ Creative solutions to unmet needs