

# *Wellness*

INITIATIVE

WARREN |  | VILLAGE

## PHYSICAL WELL-BEING

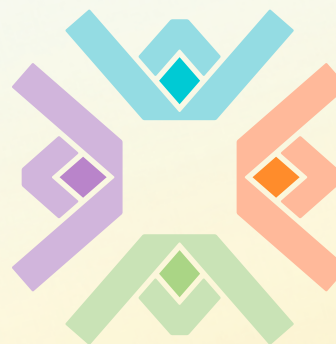


The proportion of low-income children not receiving health care in any given year is twice that of higher-income children.

## PSYCHOLOGICAL WELL-BEING



One in four low-income women experience major depression that can impact the healthy development of their children.



# Wellness INITIATIVE

Lasting and long-term personal and economic self sufficiency requires both a *healthy mind and body.*

**SUPPORT WELLNESS  
FOR OUR FAMILIES  
BY VISITING**

[warrenvillage.org/wellnessinitiative](http://warrenvillage.org/wellnessinitiative)

The Warren Village Wellness Initiative empowers families to prioritize well-being in their daily lives - removing the physical, psychological, social, and financial barriers that may be standing in the way of their self-sufficiency goals.

We believe this addition to our program will ensure that our parents and children can better sustain the successes they achieve, long into the future.



To achieve self-sufficiency, families need social connections and community. Research shows that economic hardship can be compounded by social isolation.

## SOCIAL WELL-BEING



A single parent earning minimum wage would have to work 102 hours per week to afford the high cost of housing in Colorado.

## FINANCIAL WELL-BEING



"As I pursue my education and career, the support of Warren Village – including access to counseling and financial coaching – has allowed me to realize that the issues from my past were stopping me from achieving success. Today, I am on my way to addressing these issues and pursuing a career that will lead to long-term self-sufficiency for my son and me."

## **PRECIOUS**

*Warren Village resident*

### WELLNESS INITIATIVE COMPONENTS

#### **VITALU**

A series of required classes that introduce families to basic skills in each of the four elements of wellness.

#### **WELLNESS PLANS**

Wellness plans are completed by families with the support of their Family Advocate, serving as a commitment to continue the work identified in VitalU.

#### **MENTAL HEALTH SERVICES**

We currently employ a Mental Health Clinician in the Learning Center, and are seeking funding for additional on-site mental health support for adults and children not served in the Learning Center.

#### **VILLAGE WELLNESS**

Enhanced programming and classes offered by Warren Village and other partners under the four elements of wellness.



**Transforming Parents' Lives. Improving Children's Futures.**

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