



Our mission is to have a positive impact on the mental health of women and their families by increasing access, support, and opportunities to cultivate emotional well-being, social capital, and economic stability.

Who Can Enroll:

- Women in Marion County, IN
- Special focus on the needs of Black women, female-headed households, and those with an income that is above the amount allowed to qualify for most kinds of assistance, but still struggle to meet their monthly household needs

Benefits:

- Find a mental/emotional health provider that meets your needs
- Get financial assistance for out of pocket costs
- Get referrals to leadership, career, and financial literacy resources
- Access events and meet-ups focusing on mental health, mindfulness, financial and occupational wellness, and more!
- Learn how to navigate the Indiana 211 website
- Learn about your options for Health Insurance and get support with completing paperwork

How to become a member:

Visit our program website:
www.cwuonline.org/connection-4-wellness

