

BESS - Building Economic Self-Sufficiency

167

Women served by BESS

76

New BESS clients

2,054

Hours of services
staff provided
to clients

41

Clients
housed

41

Women who
received a safety plan

214

Hours of
one-on-one
Counseling

224

Attendees of
BESS virtual
workshops

2021
IMPACT
REPORT



Examples of BESS Virtual Workshops

- Building Boundaries
- Negative Thoughts
Do Not Define You
- Create New Beginnings
- Feeling Stuck?
Find Your Motivation

5

Women who
went back
to school

20

BESS virtual
workshops held

11

Women
who found
employment

2

Employer
partners

RESIDENTIAL



31
Women

31
Children

108
Total hours
women's group

120
Total hours
children's group

Examples of Children's Group Topics:

*School and Change
Gratitude and Communication
Control and Anger
Grounding Techniques
Conflict Resolution*

26
Birthdays
celebrated



14
Languages
spoken



Examples of Women's Group Topics:

*Goal Setting:
Defining Goals and
Identifying Barriers
Learning how to say No
Mindfulness: Reflecting on
the Journey
Understanding Fraud
Trauma in the Body
Coping with Loss*

231
Support Services including:
one-on-one counseling,
housing support, legal,
financial and education referrals.

35.6 days
Average length
of stay

3.5
Average age
of children

5 Outings
38 Community
partners

13
New
community
partners

