How to Volunteer:

Become an Ally — Be an intentional friend who supports and learns from families with low income.

Support the Kids — Volunteer to help with our families' kids for 2 hours one evening a week (once or on an ongoing basis)

Donate a meal — Donate a simple evening meal for 100-150 people

Offer Additional Support — Offer your skills, talents, or access to resources to help our community (once or on an ongoing basis)

Enjoy doing any of these? Below are activities Circle Leaders and Allies have done together:

- ♥ Study
- ♥ Scrapbook
- ♥ Share Dreams
- ♥ Exercise
- ♥ Hang Out
- ♥ Go to a Park
- ♥ Go on Walks
- ♥ Apply to College
- ♥ Learn a Skill
- ♥ Attend an Event
- ♥ Build Resumes
- ♥ House Repairs
- ♥ Cook Together
- ♥ Grocery Shop
- ♥ Celebrate Holidays
- ♥ Repair Cars
- ♥ Socialize
- ♥ Share Goals
- ♥ Job Search
- ♥ Diet
- ♥ Organize
- ♥ Budget
- ♥ Bake Cookies
- ♥ Garden
- ♥ Craft
- ♥ Share Experiences
- ♥ Bond with Children
- ♥ Run Errands

The General Evening Schedule

5:15-5:45 **Set Up for Dinner**

5:45-6:30 **Dinner** provided by donors & volunteers. Circle Leaders, families, Allies, and volunteers enjoy dinner together.

6:30-6:45 **Clean-up Dinner & Set Up for meeting**

6:45-7:45 Adults attend their **Weekly Meeting** while children meet for their children's programming.



To Volunteer,
Visit circlessaltlake.org
Or Contact
Wes at (801) 884-7351
wes@circlessaltlake.org

CIRCLES® Salt Lake
Building Community to End Poverty

How Your Friendship Can Help End Poverty



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The Mission

We feel that no one should live in poverty. Our belief is that the responsibility for poverty and prosperity rests with individuals and the larger community. Circles is a nationally known, proven, and innovative initiative for connecting people across socioeconomic lines to support individuals and families in their journey out of poverty for good. Nationwide, families involved in Circles earn 62% more income after 18 months.



The Circle

Circles Salt Lake supports families in their journey from poverty to stability. Each Circle is comprised of a carefully matched Circle Leader (a family with low income) and Allies (resourced family or individual).

The Circle Leaders identify their personal goals and reconnect to their dreams. Through the use of SMART (specific, measurable, achievable, relevant, and time-bound) goal setting and budgeting work, they outline their plans to bring their dreams to reality.

With the committed support and friendship of their Allies and community resources (Resource Teams), they develop a realistic plan to reach their goals. Each week, the Circles Group meets together to discuss strategies for attaining financial stability and to develop their friendship.

Allies and Weekly Meetings

Our weekly volunteers only need to be good at being a friend. From there they are trained as Allies to support Circle Leaders in achieving their goals. Allies and Circle Leaders will meet weekly at the Circles meetings. Circle Leaders will lead the meeting by discussing progress and accomplishments made towards their goals and economic stability plans.



CIRCLES Salt Lake Model





Resource Teams

Circles Salt Lake is also supported by volunteers with various skills and connections to the community who act as a resource to our Circle Leaders. We have connections with dentists, legal aids, healthcare associates, auto-mechanics, childcare providers, employers and more. Our resource team is constantly growing as we continue to make connections with the community. We encourage individuals with skills and knowledge of resources to join us in providing access to these to our Circles community.

Children's Program

Children are welcome at Circles Salt Lake! Our weekly meeting begins with a community dinner provided by volunteers and shared by the whole family. After dinner, while Circle Leaders and Allies work together on their goals, children participate in the fun and safe environment of our Children's Program.

Children ages 0-17 divide in 2-3 groups to meet with other children their age and enjoy a lesson or activity together. The Children's Program is staffed by trained and background screened volunteers who use material provided by Circles for the lessons. Circles lessons include themes of goal setting, nutrition, communication, and building relationships.