



Monthly Donation Suggestions

**Sponsorship
Options
on Back*

Every gift, no matter how big or small, is truly valued and directly supports our programs to empower women and teens who have experienced trauma and isolation.



\$100/ month

\$1,200 one-time

Empowerment Champion

**includes items from Resilience Builder, Strength Supporter & Hope Giver*

- ✓ Provide a woman or teen with a full year of support, including coaching, life skills training, and mentorship.
- ✓ Recognition in our quarterly newsletter
- ✓ Invitation to exclusive donor appreciation events and an annual progress update on the impact of your donation

\$50/ month

\$600 one-time

Resilience Builder

**includes items from Strength Supporter & Hope Giver*

- ✓ Help fund trauma-informed coaching and workshops that provide healing and emotional support to women and teens.
- ✓ Acknowledgment in our quarterly newsletter and an annual impact report

\$25/ month

\$300 one-time

Strength Supporter

**includes items from Hope Giver*

- ✓ Support life skills training in financial literacy, job readiness, and personal development to help survivors rebuild confidence and independence
- ✓ Recognition on our website and in social media shout-outs.

\$15/ month

\$180 one-time

Hope Giver

- ✓ Support weekly support group sessions for teens, helping them navigate trauma, isolation, and mental health challenges
- ✓ Personalized thank-you letter from The Well, acknowledging your contribution

