



Empowerment & Support

A GUIDE FOR WOMEN AND MOTHERS

Understanding Your Rights

Knowing your rights is the first step towards empowerment and your new life. This section provides an overview of key legal rights that protect women and mothers.

- **Legal Protection Against Discrimination:** Understand both state and federal laws related to workplace equality, and protection from discrimination.
- **Property Rights:** Learn about your rights regarding property ownership, inheritance, and divorce settlements. Most laws governing such rights are state-specific.
- **Custody Rights:** Information on parental rights and child custody laws. Family court laws and child custody laws are often determined by both the state and county on which the “family” primary residence is located, and ultimately where a decree of divorce will be formally filed.

Financial Independence

Achieving financial independence is crucial for long-term well-being. I'm here to support your next steps, get started by scheduling a one-one call with me via my email: corey@womenshares.com

- **Budgeting and Saving:** Tips for creating a budget and building savings.
- **Investment Strategies:** Introduction to various investment options suitable for different risk tolerances.
- **Career Development:** Resources for career advancement, skill development, and entrepreneurship.

Mental Health Resources

Prioritizing mental health is essential. This section provides access to mental health resources and support. Womenshares™ will provide you a customized list of resources, tailored to your specific needs. Request your list today via email: corey@womenshares.com

- **Therapy and Counseling:** Information on finding affordable therapy and counseling services.
- **Support Groups:** Details about local and online support groups for women and mothers.
- **Crisis Hotlines:** Immediate help for those in crisis (see contact information below).

Support Networks

Building a strong support network can make a significant difference. This section highlights organizations and communities dedicated to supporting women and mothers. WomenShares TM will provide you a customized list of resources, tailored to your specific needs. Request your list today via email: corey@womenshares.com

- **Local Women's Centers:** Information on centers that offer a variety of services, including counseling, legal aid, and job training.
- **Online Communities:** Connect with other women and mothers through online forums and social media groups.
- **Mentorship Programs:** Opportunities to connect with experienced women who can provide guidance and support.

Domestic Violence & Mental Abuse Resources

If you or someone you know is experiencing domestic violence or mental abuse, help is available.

National Domestic Violence Hotline:

- Phone: 1-800-799-SAFE (7233)
- Website: thehotline.org

RAINN (Rape, Abuse & Incest National Network):

- Phone: 1-800-656-HOPE
- Website: RAINN.org

The National Coalition Against Domestic Violence (NCADV):

- Website: ncadv.org

MentalHealth.gov:

- Website: mentalhealth.gov – For a list of national resources.

Crisis Text Line:

- Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis.

Remember, you are not alone. There are people who care and want to help.

This document aims to provide a starting point for women and mothers seeking empowerment, support, and resources. It is important to seek professional advice for specific legal, financial, and mental health concerns. We believe in your strength and resilience. Together, you are making strides toward your new, brighter future.