

# Getting AHEAD

in a Just-Gettin'-By World

## THE SECRET TO GETTING AHEAD IS GETTING STARTED

**If you're looking for a fresh start but feeling stuck,  
PLAN TO ATTEND THE FREE 9-WEEK GETTING AHEAD COURSE.  
Get the support you need to get ahead.**

*Getting Ahead* helps individuals experiencing situational poverty build resources and create prosperous lives for themselves, their families, and their communities.



### **Request an Application**

**An application is required.  
Applications are being accepted now.  
Class size is limited.**

### **Sessions are being planned**

**Specific dates available soon**

**5 – 7 pm**

*(subject to change based on  
participant availability)*

### **Learn How to Build Your Resources**

Mental, Emotional, Physical, Spiritual,  
Social capital

Integrity and trust, Motivation and persistence

Relationships and role models, Communicating for  
positive results, Hidden rules of social class,  
Budgeting and financial planning

### **Create Your Future Story**

### **FOR MORE INFORMATION**

**Please Contact**

Cassi Fultz 937-419-0934 [cfultz@bridgescap.org](mailto:cfultz@bridgescap.org)



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## “Just the Facts”

### How Does It Work?

- 18 sessions are typically held:
  - Tuesdays and Thursdays
  - 5:00 – 7:00pm \*
  - Bridges Community Action offices.
  - Transportation and childcare may be provided.
- A schedule of dates and topics will be provided at the first session or upon request.
- Active participation in each session, and completed homework is expected.
- A gift card is offered as compensation for the important experience shared in session discussions.
- You! are celebrated at graduation.
- Following graduation, grads can continue to receive support:
  - *Getting Ahead Coaches* from Bridges Community Action Partnership encourage and help along the journey

\* - Subject to change based on participant availability

### What Will We Do?

We'll take a fresh look at old problems and find new solutions as we:

- Define what poverty looks like in our community and how it affects each of us.
- Understand the rich/poor gap and research on the causes of poverty. It's much more than just the choices individuals make.
- Investigate the hidden rules of economic class, the wealthy, the middle class, and the poor. If we want to get ahead, we need to know the rules.
- Understand how language and communication style make or break relationships in our homes, social lives and work lives.
- Self-assess available resources against the 11 resources of a high-quality life.
- With our resources in mind, consider the theory of change and how it frees us from being in the cycle of solving the same old problems over and over again. In a safe place, with new information and time to think, new sustainable solutions surface.
- Learn about budgeting and plan to improve your personal finances.
- Put it all together in a personal plan that includes your future story, how you'll build on your strengths and develop the resources you need to get ahead and stay ahead.

We'll take charge of our lives – individually and together – like never before!